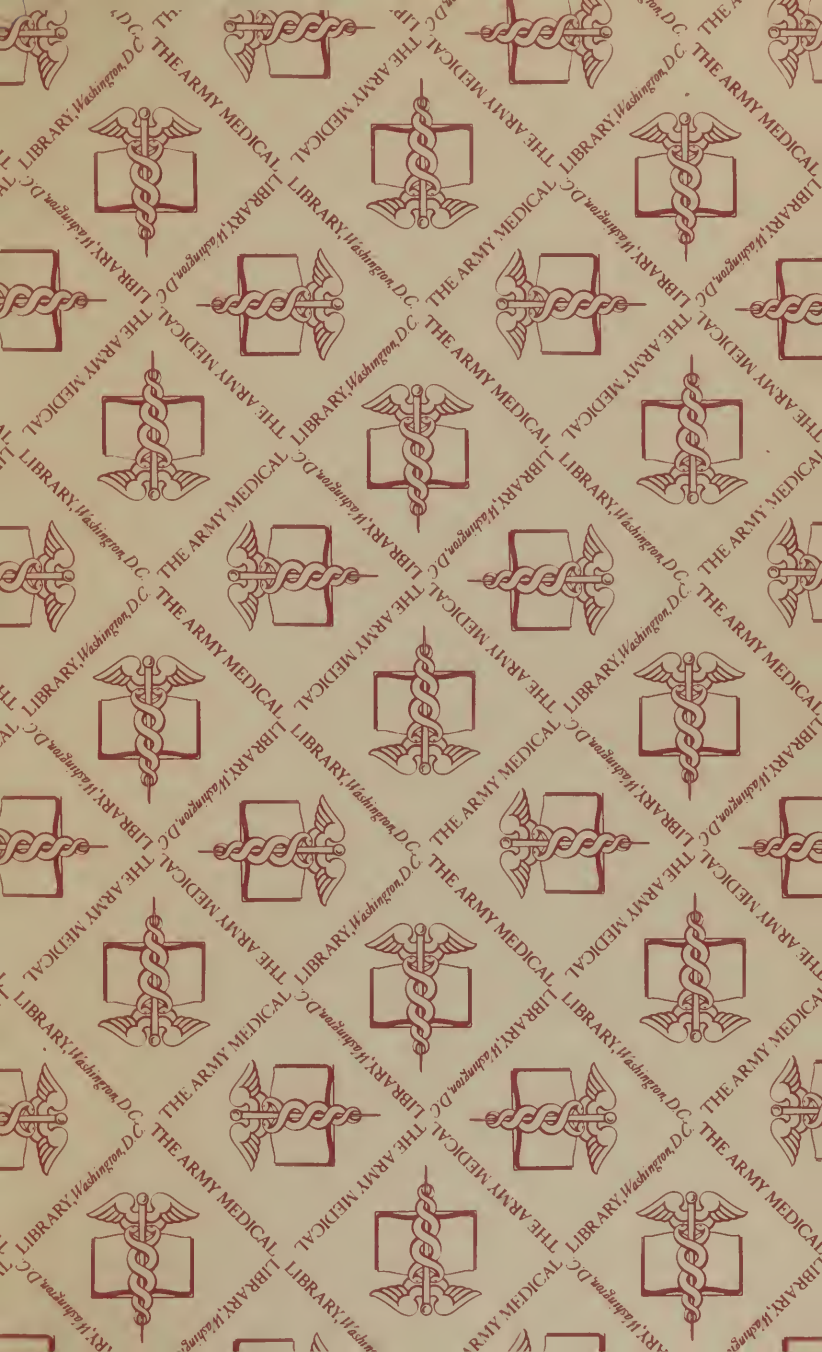


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A POPULAR TREATISE
UPON
DISEASES OF THE HEART,
APOPLEXY, DYSPEPSIA,
AND OTHER
CHRONIC DISEASES,
WITH
PROOFS OF THEIR CURABILITY.
ALSO,
RULES FOR PREVENTING DISEASE,
AND
PRESERVING HEALTH,
(ESPECIALLY AFTER FORTY) TO ONE HUNDRED YEARS.

BY SAMUEL S. FITCH, A.M., M.D.

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CONSUMPTION AND THE LAWS OF LIFE," "HEALTH—ITS
AIDS AND HINDRANCES," ETC.

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FIGURE 1.

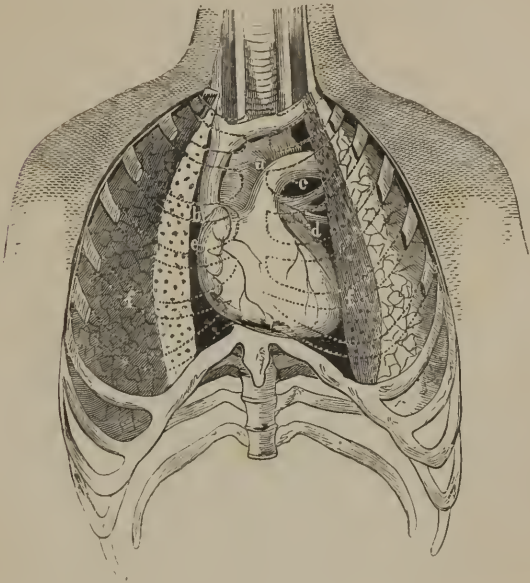


DIAGRAM OF THE HEART, SHOWING ITS NATURAL POSITION IN THE CHEST.

a—Is the *aorta*, the large blood-vessel, opening from the left ventricle, through which the blood is thrown from the left side of the heart, into the arteries of the system.

b—Is the descending *vena cava*—the vessel through which the venous blood passes from the upper part of the body to the right auricle.

c—Is the *pulmonary artery*, opening from the right *ventricle*, which transmits the venous blood from the heart to the lungs, to be there arterialized.

d—Is the left *auricle*, which receives the blood from the lungs, and passes it on to the left *ventricle*, thence out through the *aorta*. *a*.

e—Is the right *auricle*, which receives the venous blood from the *venæ cavae*, and passes it on to the right *ventricle*, which is the lower part of the right side of the heart.

FIGURE 2.

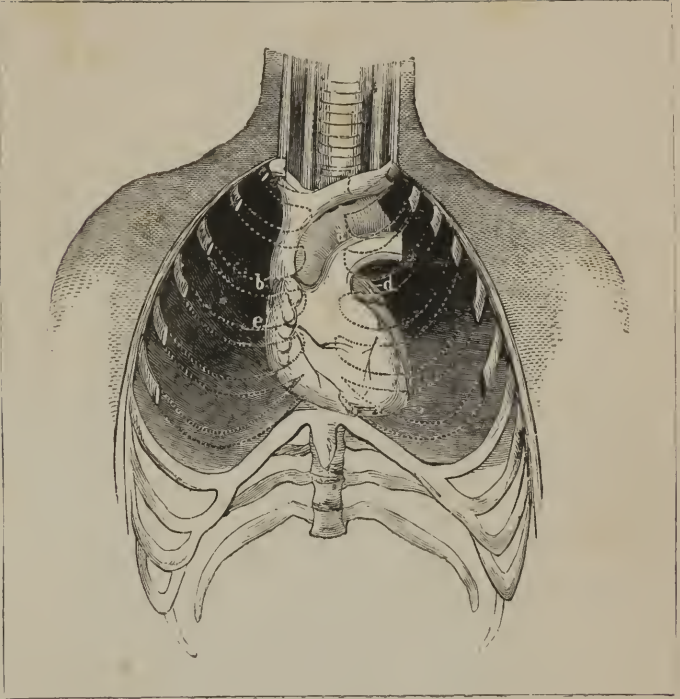


DIAGRAM OF THE HEART.

This figure shows the natural position of the heart and the large blood-vessels connected with it, with relation to the lungs. A portion of the ribs and the breast-bone are removed; a part of the lungs on each side is also cut away, to exhibit the heart. The lungs in their natural position nearly envelope the heart.

For description of the different parts of the heart. See Fig. 1. The same letters refer to corresponding parts in the two diagrams.

FIGURE 3.

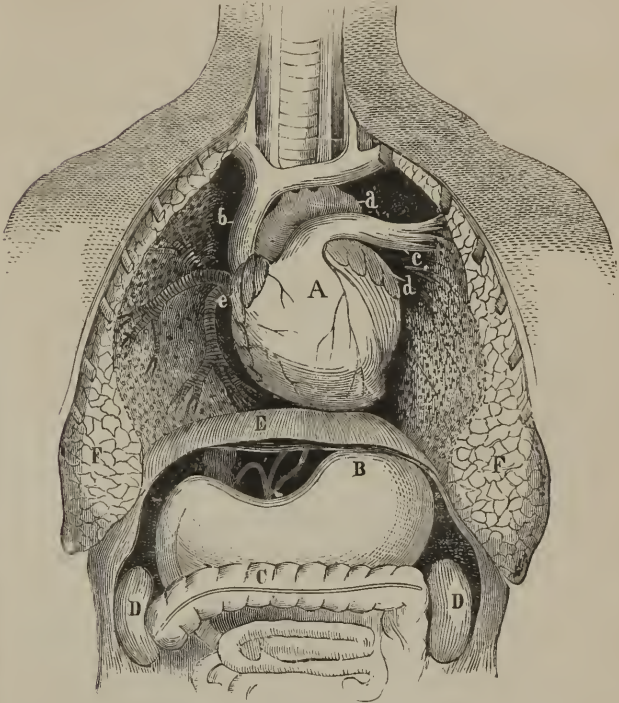


DIAGRAM OF ENLARGED HEART.

This figure represents one form of *enlargement of the heart*. As is seen, the whole substance of the heart is larger than natural, and its shape or figure is distorted. In consequence, the surrounding organs, the lungs, *F, F*, the diaphragm, *E*, and the blood-vessels, *a, b, c, d, e*, are all pressed out of their natural position.

FIGURE 4.

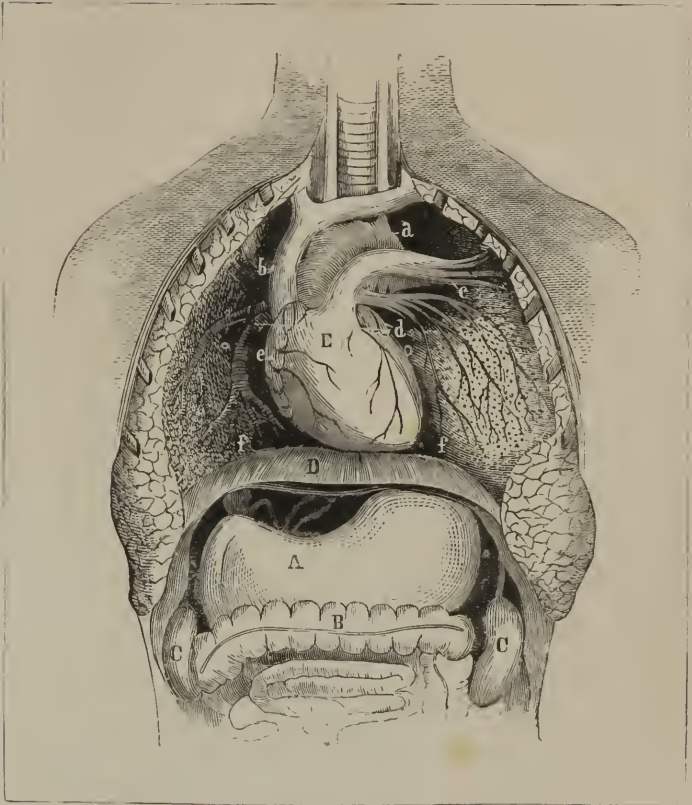


DIAGRAM OF THE HEART AND ADJACENT ORGANS.

In this figure the ribs, breast-bone, and a portion of the lungs are removed, exhibiting the natural position of the heart with relation to the digestive organs.

A—The stomach, the food enters through the cardiac orifice at the upper part of the left end of the stomach, and passes out into the duodenum through the pyloric orifice at the opposite end.

B—A portion of the colon or large intestines.

CC—The kidneys removed a little laterally from their natural position to bring them into view.

D—The *diaphragm*, or midriff, a broad muscle placed like an inverted bowl across the centre of the body, dividing the thorax or chest from the abdomen or lower half of the body.

E—The heart. The other letters correspond to those in Fig. 1.

FIGURE 5.

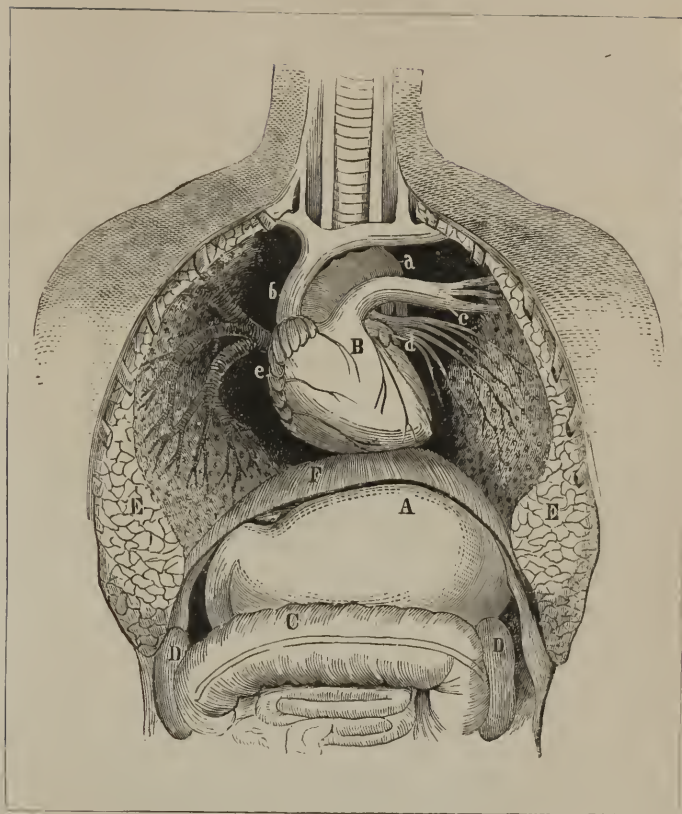


DIAGRAM OF DISTENDED STOMACH AND COLON.

This figure shows the heart pressed out of its natural position by the stomach when distended with food, or with gas or *flatus*.

A—The stomach distended.

B—The heart pressed up and tilted partly over.

C—The colon greatly distended.

D D—The kidneys.

E E—The lungs folded back and partly cut away.

F—The diaphragm pressed up against the heart by the distended stomach.

The letters *a, b, c, d, e*, refer to corresponding parts, as the letters in Fig. 1.

FIGURE 6.

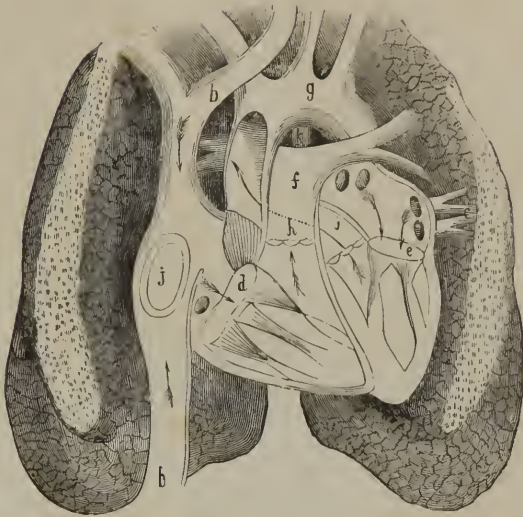


DIAGRAM OF THE INTERNAL STRUCTURE OF THE HEART.

This figure represents the heart laid open, exposing its several divisions, the valves, and the openings into the large blood-vessels.

bb—The ascending and descending *venæ cavæ*, through which the blood from the veins flows into the right *auricle*, and thence into the right *ventricle*, through

d—The *tricuspid valve*, opening between the right *auricle* and *ventricle*.

e—The *bicuspid* or *mitral valve*, opening between the left *auricle* and *ventricle*.

f—The *pulmonary artery*, opening from the right *ventricle*.

g—The *aorta*.

h—The *semilunar valves*, opening between the right *ventricle* and the *pulmonary artery*.

i—The *segmoid valves*, opening between the left *ventricle* and the *aorta*.

j—The *foramen ovale*, an opening which permits the blood to pass directly from the right to the left *auricle*. It is open before, and closes at, birth. Occasionally, but rarely, it remains open after birth, which sooner or later necessarily destroys life. There is no remedy for it.

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INTRODUCTION.

IN common with all medical students, my early teachings were that diseases of the heart were utterly incurable; that there was no remedy for them, and that the unfortunate sufferers had no refuge but in death. Early in my practice I was consulted in many such cases, and I could offer neither remedies, consolation, nor hope of cure. At length these distressing instances forced themselves so frequently upon my notice that I was led to make the inquiry, Were the principles of medicine at fault, and so much at fault, that they could not be successfully applied to the treatment of disease of the heart? Was Medicine a myth? and were medical remedies so powerless that, when such an organ as the heart became diseased, there were none to be found adapted to its cure? I could not content myself with the affirmative answer. I believed that Medicine was not a fallacy, but, on the contrary, a great and sublime truth, and that no disease probably existed for which there were not adequate remedies. I knew that fatal *mechanical obstructions* might exist, but I believed that *disease*, properly so denominated, must be within the reach of remedies.

Upon this principle, and based upon this truth, well established in my own mind, I commenced a course of research and experiments on the diseases of the heart, and the result has been even

more gratifying than I had anticipated. After more than twenty years' experience in their treatment, I am confident that not more than one case in a hundred under my care has failed of cure, where my remedies have been faithfully used and my directions strictly followed. Instances of heart-disease, considered utterly incurable, so pronounced and regarded, I have found to be as manageable as those of any other of a serious character; so much so, that scarcely any diseases inspire less terror in my own mind than affections of the heart. I refer to all those disturbances of the heart and aberrations from health evidenced by irregular action, palpitation, fluttering, stoppage of the heart and arrest of circulation, pain in and about the heart, swelling and fulness of the left side, throbbing at the pit of the stomach, beating in the neck, &c., &c. These and many other varied symptoms, which will be detailed hereafter, have passed under my notice and treatment. And again I repeat, that not more than one in a hundred has failed in yielding to the influence of the remedies I employ. My practice in these cases includes persons ranging from seven to seventy years of age and over, and has been very extensive. In a few cases the disease has terminated fatally, but whether owing to the inefficiency of the remedies or their imperfect application is more than I can at present say. I knew of one fatal case of polypus growing within the heart. Softening of the heart I do not treat upon, because it is a disease so exceedingly rare; never having seen but two cases, both of which were in an advanced stage when they came under my notice, and both proved fatal.

The fact that so many are suffering from disease of the heart in some of its many forms—sufferers quite as much from mental dis-

tress (believing it to be incurable) as from bodily pain—and the further fact that under the treatment ordinarily employed, even *relief* is seldom afforded, and a *cure* all but never witnessed, I have been induced to throw together in this little volume the results of my observations and practice, for the benefit of this class of invalids. If it shall be instrumental in removing from the minds of any of my readers the distressing terror which the fact of having the disease occasions, and in inspiring them with hope, by pointing to them the means of escape, my object will have been accomplished.

In conclusion, I beg the reader to peruse the subsequent pages with attention ; and if he be subject to derangement of the heart, to select his case from those instanced, and see if he can find any thing in his own symptoms which forbids the idea of a cure.

DISEASES OF THE HEART.

A PROFOUND dread of any description of heart-disease is entertained by all classes of the community. It is usually considered a disorder very difficult to manage, and rarely if ever cured. Indeed, disease of the heart is generally regarded as entirely beyond the reach of medical remedies, and therefore little or no thought is in fact bestowed upon the means adequate to its relief.

ORGANIC DISEASES OF THE HEART.

ENLARGEMENT OF THE HEART.

It should be remembered that the heart is a hollow muscle, or a pair of hollow muscles, strong and elastic, capable of powerful contraction, and expanding so as to contain ordinarily from three to five ounces of blood. (*See representation of the heart in plates 1 and 2.*) Its size varies, however, in different individuals, though they be of the same height, girth, and weight. This fact should be borne in mind, when an examination of the heart is made in cases of deranged action, otherwise we are liable to be deceived, and led to suppose there is enlargement where only a naturally large heart exists.

The heart is liable to several organic diseases. One of these is Enlargement. The natural dimensions of this organ may be increased either by an augmentation of its substance or an enlargement of its cavities. The former change is called *hypertrophy*, the latter *dilatation*. In the one case the walls of the heart are thick-

ened, and its weight increased ; but its capacity to hold blood is lessened, and its power to urge forward the circulation diminished. In the other, while the capacity of the heart is increased, its substance is decreased, its walls thinned, and their muscular force weakened ; and hence the same diminution of power in propelling the blood that is experienced in hypertrophy is the result. As, however, these two forms of disease often occur together, frequently originate from the same cause, and exhibit nearly the same symptoms, I shall here speak of them under the general designation of *Enlargement of the Heart*.

SYMPTOMS INDICATING ENLARGEMENT OF THE HEART.

This affection usually occurs in persons with large, deep, broad, full chests, and a heavy aspect of body. One of its effects is to increase the size of the chest. (*See cut of enlarged heart, plate 3.*) If the enlargement of the heart is considerable, the ribs covering it will usually be lifted up, and the left side visibly pressed outward. It is possible, however, for the heart to be increased in size, and the ribs still to retain their natural position. The patient will experience an uneasiness—a crowding sensation in the chest, principally in the left side ; accompanied by a feeling of intense anxiety in regard to his condition. He will become low-spirited, and the very worst anticipations will pervade his mind. Irregular beating of the heart will take place ; and the patient, upon exercise or being suddenly startled, will sometimes experience a stoppage of the circulation, with a shock, as if the heart struck against the ribs, that is felt to the extremities of the body, and is followed by quick, heavy beating, which on walking about and exercising is greatly increased. Choking in the throat, and a smothered, suffocating sensation are often experienced. Upon attempting to ascend stairs or any elevation, the patient finds it impossible to do so, or suffers greatly from the effort, and is soon obliged to relinquish it. The pulse in many instances is much slower than natural, but is very easily excited, and is frequently

feeble, and sometimes intermittent—that is, it drops a beat occasionally. The patient on lying down in bed, as he is falling asleep, will suddenly start as if a blow had been given him, and spring up in a state of much alarm. This starting may be repeated several times, and the attempt to fall asleep be thus defeated for a considerable period, while the mind of the sufferer is filled with dread, which serves to increase his nervousness, and consequently to aggravate his disease. After lying down in bed for some little time, however, the circulation of the blood will become more free and quiet; he will fall asleep, and continue sleeping tolerably well during the night. In many cases, however, the sleep will be very heavy, and the breathing stertorous—that is, snoring. On first awakening in the morning the patient often finds the heart exceedingly weak in its action, and the circulation languid and feeble, being aroused only with extreme difficulty. He will often at this time perceive a trembling throughout the whole system, occasioned, no doubt, by the struggle of the heart and great vessels to arouse the circulation. It may be compared to the effect that is noticed on board of a steamer when struggling against a current, where the ship seems to tremble throughout its whole structure. Numbness is often felt in different parts, with a prickling sensation, as the circulation is gradually restored. In nearly all cases of enlargement, on placing the ear over the heart, we perceive a slow, deep, heavy beating or impulse, which appears to strike hard upon the ear, as though the heart were close to the surface of the chest. If the disease involves the whole heart, this peculiar beating is perceptible by placing the ear over any part of the chest; but if it is only partial, that is if only one side of the organ is enlarged, then on the opposite side of the chest the beating will be far less distinct. Thus, if the right side of the heart only is involved, we shall perceive its beating throughout every part of that side of the chest; if the left is the one affected, the beating will be heard far more in the left than in the right side. The patient will often feel this beating all over him, and upon lying down he can count every movement of his pulse from the general throbbing.

He is often full of anxiety, dreading to go to sleep, and will lie for hours noticing this state of the heart. In almost all cases the patient experiences more or less pain about the left side in the region of the heart, which sometimes extends to the shoulder and down the left arm. Not unfrequently there is also a peculiar numbness and loss of muscular power in that region. Nervous or muscular twitchings are often felt by some patients.

As the disease advances, the patient often finds that walking rapidly, or indeed any brisk exercise, will induce an attack of short breathing, with choking in the throat, and a sense of impending suffocation; and the same sensations are experienced on lying down, a recumbent position becoming more and more difficult, until at length it is perhaps impossible. He will be unable to lift much of a weight, or to make any great exertion, a sudden exercise of strength quite overcoming him. A hasty effort, as running up a hill or up-stairs, especially if he is alarmed, will usually produce a stoppage of the action of the heart, with a sensation as if it were completely smothered; and sometimes the unfortunate patient, under these circumstances, suddenly ceases to breathe and falls a lifeless corpse.

If the disease is protracted, dropsy generally makes its appearance sooner or later, as a natural result of impeded or interrupted circulation of the blood. Most frequently water collects in the chest and about the heart, which causes terrible distress for breath, with a sense of suffocation, the slightest exertion aggravating these symptoms, and lying down being quite impossible. Often, however, the dropsy is universal, commencing with swelling of the feet and legs, and, unless relieved, gradually extending to the abdomen, chest, and indeed to the entire person. In the natural progress of the disease, this continues, until perhaps at an unexpected moment, often after the patient has felt much better for a day or two, which time he has passed, it may be, in forming plans of future enterprise or pleasure, hoping for a return of health, suddenly the thread of life is snapped, and he is launched into eternity.

The appetite in this disease is not unfrequently very poor, the patient loathing the thought of food; but more usually it is good, and sometimes unnaturally craving. But whatever may be the state of the appetite, very little food can be taken at one time, as the least oppression of the stomach will greatly aggravate the disorder of the heart.

Enlargement of the heart may take place at any period of life, from the age of five years to seventy; but I have observed it more frequently in those of middle and advanced age than in young persons.

OSSIFICATION OF THE HEART.

By ossification of the heart is meant a hardening or converting into a bony condition any portion of its valves, of its substance, or of the large blood-vessels immediately connected with it, as the coronary arteries. This disease is most apt to occur in advanced or middle life, and very rarely in young persons. It most frequently first makes its appearance in persons about fifty years of age. The effect upon the heart is to weaken its power of contraction, and to render it in every respect feeble. We often find enlargement of the heart accompanied by little or no acute pain; but, in ossification of this organ, the patient often experiences a peculiar sharp, cutting pain, especially after taking any considerable amount of exercise—ascending hills or walking where much exertion is required, as walking through the snow, &c. Under these circumstances he is apt to feel an acute, lancinating pain about the heart, with great palpitation, at the same time the breathing appearing to be suddenly cut off. These latter symptoms become aggravated as the disease progresses, soon assuming almost the same character as those that occur in enlargement of the heart, and being followed by the same results. Sometimes the ossification appears only in the larger blood-vessels of the organ; at others we find it more or less in the walls of the heart itself, or in the valves.

In ossification of the heart, the pulse and the beating are far

more intermitting and interrupted than in enlargement. The person, upon being suddenly startled or experiencing any mental or bodily excitement, will feel the first effect at the heart, in an intensely painful thrill, and a wild, heavy throbbing. The first bound of the heart will be repulsed by sharp pain, as this increased action stretches the ossified portions, which cannot expand as in health; at the same time there will be an arrest of the circulation at the very moment when the excitement calls for its increase. In this way the patient often suffers the most agonizing pain at the heart, accompanied by a depressing sensation at the pit of the stomach, attended with great anxiety. Under these circumstances rest and quietness are very necessary until the excitement passes over, when the heart will usually resume its wonted action.

In moderate ossification of the heart, the patient can lie down nearly as well as if no disease existed; and this partly distinguishes ossification from enlargement of the heart.

In simple ossification no lifting up of the ribs or enlargement of the left side is perceptible, and the peculiar crowding sensation about the heart is not so great as that which is experienced in enlargement. Enlargement of the heart occurs in persons who have large chests, short necks, and a full habit of body; but ossification may, and often does, occur in very lean, spare persons, and without any noticeable increase in the size of the chest, but, not unfrequently, rather a contraction of it. Enlargement of the heart is noticed oftenest at the middle periods of life; ossification at much later periods. But little pain is experienced in enlargement, while often very acute pain occurs in ossification. The slow, distinct, heavy beating, we find in enlargement: in ossification, the quick, tremulous beating, as if the heart acted under the influence of fear, or as if to distend it more would be to induce pain. In enlargement of the heart much choking is felt about the neck at times, and the blood-vessels in that region are swelled and enlarged, especially on any excitement; the face is red and puffy, and great oppression is felt about the head: but in ossification this choking sensation is seldom experienced,

and there is far less oppression in the head. In the early stages of enlargement there is apparently great fulness of blood and puffiness of the body; but in ossification there seems to be far less blood, and, for a long time, the whole system may be very much attenuated. In enlargement of the heart death will very often take place from apoplexy; while in ossification persons are much more liable to attacks of palsy or paralysis, and this of a partial character—usually in the left side, arm, leg, or face: indeed the entire left half of the body is apt to be paralyzed, the affection coming on sometimes gradually, but more frequently by a sudden paralytic stroke. Enlargement of the heart is not apt to be attended with any great apparent waste of the body, so often the case in ossification. Both are liable to produce sudden death; and both, when protracted, may terminate in dropsy. Dropsy will, however, take place more frequently, and at a much earlier period, from enlargement than from ossification.

Finally, enlargement of the heart progresses more rapidly and terminates much sooner than ossification. The latter is usually a slow process, it often being the case that several years elapse between its commencement and its termination. It is, indeed, true that in some cases of enlargement the disease is protracted, but it usually passes through its course much more quickly than ossification.

FAT ABOUT THE HEART.

Cases frequently occur where a great accumulation of fat takes place about the heart, found mostly in very stout persons, those with short necks and full, heavy chests, who are noticeable for their short, wheezing breathing. It is often observed in fleshy females, particularly those who have a very large mammary development. In these cases, without any disease of the heart itself, the circulation may become exceedingly obstructed and impeded, with difficulty in lying down, and nearly every symptom of enlargement. In one respect, however, this condition of the heart differs from almost every other—particularly from ossification and enlargement—viz., by

the extreme feebleness and slowness of the pulse, while there is no intermitting. In ossification the pulse is often feeble, but it will also be intermitting, palpitating, and interrupted. The regularity of the pulse, at the same time that it is exceedingly slow and feeble, is a distinguishing indication that the heart is oppressed by fat accumulated about it. The weakness mentioned will differ at different times, according to the existing strength and vitality. While this condition thus differs from enlargement of the heart, it is attended by the same starting in the sleep, oppression for breath, choking, and all the unpleasant symptoms resulting from sudden excitements or efforts, that are experienced in that disease. It almost invariably occasions stertorous breathing or loud snoring during sleep, which will be heavy, more so even than in enlargement.

I would here observe that these three forms of disease may be complicated with each other. The heart may be smothered in an accumulation of fat, at the same time that it is enlarged and more or less ossified; so that all the symptoms I have mentioned as peculiar to these different affections may be found in one patient.

THICKENING OF THE VALVES OF THE HEART.

Thickening of the valves of the heart is a disease of very common occurrence. One of the earliest and most marked effects is a sense of weakness about the heart and a feeble circulation. It is often unattended with pain, and may continue many years without any more injurious effects than this debility of the organ and feebleness of the circulation of the blood. It may occur in very young children, and continue until late in life, when it is often followed by ossification and death. This disease is particularly indicated by a peculiar rasping sound, caused by a partial interruption of the blood as it passes through the valves of the heart that are rendered somewhat rigid and rough by the thickening. It is a sound that cannot be mistaken, being unlike any other in the whole system, and indicates but one disease,—the one of which I am speaking.

The distressing symptoms which attend this affection may, by appropriate remedies, always be greatly palliated, and the progress of the disease itself usually arrested. A complete and permanent cure is by no means impossible, but it requires time.

RHEUMATISM INVOLVING THE HEART—CAUSES OF ENLARGEMENT,
THICKENING OF THE VALVES, AND OSSIFICATION.

No disease of the human body or any of its organs occurs except from some specific cause; and this is strikingly true of disease of the heart.

While this organ, as I have before said, is a muscular structure, and therefore obeys the laws that govern all the muscles of the body, its valves are formed of a substance resembling *cartilage*, similar to that which covers the joints, and is found on the extremities of the bones elsewhere. It is therefore liable to the same diseases which attack the joints and muscles.

Now rheumatism, as is well known, is apt to attack the joints of the body, as well as the muscles, membranes, tendons, &c. It is a disease always produced by humor, or a vitiated condition of the blood, and is remarkably predisposed to change its place. It will pass from one limb or joint or set of muscles to another; and often leaving the extremities, it will attack the large organs within the body. This is especially true with regard to the heart. Rheumatism rarely ever commences in the heart itself; but originating in some distant part, it is transferred thence to that organ. This is of frequent occurrence, the disease being in some cases transferred to the valves of the heart, and in others to its substance, producing enlargement. When attacking the substance of the heart or the membrane covering it, it may, and often does, involve the great blood-vessels that lead to and from it, as well as those which go to nourish the organ itself.

I believe that the thickening of the valves of the heart, as well as ossification and enlargement, are in most cases produced by humor or

poison in the blood, first developed in some other part of the system, and thence passing to the heart. I have observed this to be the case in the history of a large number of persons who have been attacked with heart-disease. Indeed, I have almost invariably found that subjects of this disease have been at some periods of their lives afflicted with humor, rheumatism, &c., which had retired from the original seat of development, and subsequently appeared in and about the heart.

CURABILITY OF ORGANIC DISEASES OF THE HEART.

I have treated a very large number of persons for organic disease of the heart, and consider it, in all its forms, eminently curable. In fact, of the many diseases which come under my notice or call for my assistance, I find none more manageable and curable, than those which attack this organ. I cannot now recall to my mind as many as fifteen persons, among all those whom I have treated for this class of complaint, who have not recovered. These cures, let me add, have been effected in persons of all ages, and both sexes. Indeed, I have found heart-disease to be curable, even where patients have been entirely given up by all their previous medical advisers.

FUNCTIONAL DISEASE OF THE HEART.

INFLUENCE OF DISEASED LUNGS UPON THE HEART.

That the pulsation of the heart may be at all times regular and uniform, continuing thus through life—sometimes a hundred years—it is essential that the supply of blood should be constant, equal, and uninterrupted. Now, there are many conditions of the lungs in which these organs cannot supply the blood to the heart in an equable stream or volume. For example, in asthma the circulation of blood through the lungs is temporarily impeded. So when the lungs are hepatized, or when from ulceration portions of them have been destroyed, or when from congestion, and sometimes from great

debility of these organs, the blood is not properly transmitted through them to the heart. Any one of these conditions will cause irregular action in the heart—palpitation, interrupted beating, fluttering, &c.—which, if long continued, is very likely to result in true organic disease. In persons long afflicted with asthma we frequently find organic disease of this organ; and very often in consumption its irregular action will lead inexperienced observers to suppose that it is the seat of the disease, when in fact it is in a perfectly healthy condition, being affected by the disturbing influence of disease in the lungs. Still, I have witnessed many cases where at the same time both the heart and lungs were seriously affected organically.

INFLUENCE OF DERANGEMENT OF THE STOMACH UPON THE HEART.

Of all the organs of the human body, none exert so marked an influence upon the heart as the stomach. Any form of indigestion may derange its action. From great distension with gas or food, the stomach may press up under the heart and obstruct its movements by simple mechanical pressure. (*See plate 5, representing distended stomach and duodenum pressing the heart out of place.*) In this way there is often caused a disturbed action of the heart; and sometimes a total suspension of all action, when of course death ensues. In very fleshy persons, where there is much fat about the heart, a loaded and distended stomach is at all times injurious, and sometimes occasions sudden death. A great number of persons of this description, without any organic disease of the heart whatever, have been killed by overloading their stomachs, and especially by indulging in heavy suppers, particularly of solid food. I have known many cases of death occurring from simply filling the stomach too full, and will mention one:

A young married lady, an acquaintance and friend of mine, became the mother of a fine boy. When it was ten days old, the attending physician called, and found the infant on its mother's lap a corpse. Expressing great surprise at the event, and inquiring

the particulars attending its death, he was told by the mother that the child, being inclined to cry, she had nursed it as long as she had any milk, and then fed it; and as it continued to cry, she continued to feed it, until it suddenly gasped and died. In order to be able to give a certificate of the cause of death, the physician, a few hours after, made a post-mortem examination, and found the stomach of the child distended to its utmost capacity; the upper portion had risen up under the breast-bone and into the left chest, completely stopping the action of the heart by pressure. Of course, death was the inevitable consequence.

The same fatal result may occur in any person from excessive distension of the stomach. But this condition is more especially perilous to those who are suffering from deranged action of the heart in any form—whether from enlargement, from the heart being relatively smaller than natural, from rheumatism, from ossification, or from feebleness of this organ, which is very often experienced by elderly persons.

In any of these cases, the slightest pressure on the heart by distension of the stomach or bowels, will derange its functions, inducing palpitation, partial or total stoppage of its action, &c., while a sense of great oppression is felt in the left chest, with pressure at the pit of the stomach, and choking in the throat. Persons laboring under any affection of the heart whatever, should be fully warned against very hearty meals, especially of indigestible food; indeed, they should carefully refrain from any description of food which disagrees with them and lies heavy in the stomach, or that induces the generation of gas; for otherwise, dangerous derangement of the heart may take place.

EFFECTS OF INDIGESTION, OTHER THAN MECHANICAL, UPON THE HEART.

We find that very many dyspeptics are subject to palpitation of the heart, and a sense of extreme uneasiness and heavy throbbing

about the pit of the stomach. This is especially the case where the food remains too long and becomes sour—the irritating effect of the acid upon the coats of the stomach being communicated, through the nerves, to the heart itself, and producing severe attacks of palpitation. In these cases the disturbing influences cease as soon as the acid is neutralized, and they may be allayed by evacuating the contents of the stomach.

Unusual quantities of bile in the stomach, by becoming too stimulating and acrid, will greatly affect the heart.

The mechanical effect upon the heart of large quantities of food in the stomach, will usually be experienced in a short time; but the nervous disturbance resulting from indigestion, although in some rare cases it is felt immediately, is not usually perceived in less than six, and from that to twenty-four hours after the indigestible food is taken, and sometimes it will not be noticed until the second or third day, when the patient has perhaps forgotten the irregularities of his diet, or that he has eaten any thing that might have disagreed with him. Some hours before the attack of palpitation, he will feel distressed and low-spirited, with a sensation of dulness and heaviness about the head, often accompanied by more or less headache. If at this juncture the weather should be heavy, and especially if a cold damp easterly or southerly wind be blowing, his malady will be greatly increased. The stoppage of the circulation will usually commence towards evening or at bed-time, in the extremities, which oftentimes become very cold; and great oppression is experienced in the left side. Purple spots are sometimes noticed on the lower limbs, or elsewhere, as if from bruises, which disappear after a day or two, and leave a yellowish stain in the skin. The patient feels nervous and terrified. He experiences a crowding sensation in the left chest, and over and about the heart. In this state heavy palpitation of the heart is apt to take place, sometimes lasting for hours, and until the equilibrium of the circulation is restored, which may be hastened by the use of hot foot-baths, mustard poultices over the side, and by proper internal

stimulants. These remedies, judiciously used, will generally in a short time afford entire relief. I have in some rare instances known these attacks to terminate fatally where suitable remedies have not been employed. They are most apt to occur in the cold and changeable seasons of the year—in spring and fall : much exposure to cold winds, or on a severe winter's day, thereby greatly chilling the person, particularly the feet, being likely to induce these attacks in invalids predisposed to them.

There are various articles of food which, in some constitutions, appear particularly to affect the heart. One of these is coffee. Most usually those who are suffering from any form of heart affection cannot, without injury, make the slightest use of this beverage. Sometimes they are unable to take either tea or coffee. Let me add, that to this class of invalids cocoa will often be found both agreeable and harmless, especially when it has been entirely cleansed of its oil. There are other articles of diet which disturb the action of the heart, apparently not by exerting any direct influence upon it, like coffee and tea, but rather because of their indigestibility, being, in consequence, retained too long in the stomach. This fact, every person at all subject to any irregular action of the heart has discovered, and from his own experience he has learned to distinguish the food that thus disagrees with him. Of course all such articles should be resolutely and steadily avoided.

Very little food ought ever to be taken after dinner, which should be eaten not later than four o'clock, P. M.; in order that on retiring to bed, the stomach may be empty, and not forced to continue the process of digestion during the hours of sleep ; otherwise injurious consequences will inevitably be experienced. The same great sympathetic nerves and ganglionic *plexuses* which supply nervous energy to the stomach, supply it also to the heart ; so that while digestion is going on in the stomach, and the nervous force is, in consequence, being directed to that organ, the heart has a diminished supply, and if naturally weak, or if diseased, it will be thereby more or less disturbed. During sleep, when many of

the functions are suspended, the brain and nervous system in repose, and the muscles at rest, the heart, unless excited by some disturbing influence, is relieved of full one half of the labor demanded of it when the person is awake, and all the machinery of life is in action. No one, therefore, unless he is very injudicious, or indeed a madman, will retire to his bed with a loaded stomach, so that at the very time when the heart is naturally relaxed, the nervous energy shall be still more called from it to aid the process of digestion going on in the stomach. During the hours of sleep all the nervous energy should be directed to supply force to the heart, and of course should not be diverted from it by imposing on the stomach the duty of digesting food. In cases where both heart and stomach are feeble, a great deal of tact, art, and management may be employed in so engaging their functions that but one of these great organs shall be much excited at the same time.

A great many delicate persons having feeble circulation, by managing the heart and stomach in the way I have mentioned, may thus obtain action from them both that shall continue life and unimpaired health for many years, even to venerable age; while those pursuing an opposite course will almost certainly be carried to premature graves.

CURABILITY OF FUNCTIONAL DISEASES OF THE HEART.

I would say that these diseases are, in nearly all cases, perfectly curable; and that few persons need despair of relief, even at a very advanced stage, and though given up as hopeless.

The remedies I employ are mechanical, constitutional, and local. I use means to expand the chest, and thus give the heart ample room for unconfined action. I also use means to support the bowels, a most important item, I find, in the treatment of heart complaints. If required, I give medicines to remove indigestion, correct costiveness, open the kidneys and skin, and to equalize the circulation of the blood through the liver, lungs, and entire body; also

remedies to purify the blood. In this way I strive to place the whole system as nearly as possible in a state of complete health. I then give medicines that have a specific action upon the heart itself, increasing its strength and the regularity of its pulsations. If much pain is present about the side and through the heart, I use liniments, designed to produce slight irritation, which may be continued for a long time, and usually with great advantage. Sometimes I employ more energetic counter-irritants, but rarely, however, except in sudden and violent attacks.

In some cases where there is great feebleness of the heart, I use electro-galvanic plates—one being placed over the heart, and the other opposite, near the spine on the same side, connected by appropriate wires. These may be worn, if necessary, for years, with great benefit. They will often be found especially useful if worn in bed during the hours of sleep, as they tend to sustain the drooping action of the heart.

FUNCTIONAL AND SYMPATHETIC DISEASES OF THE HEART.

There is a large class of disorders to which the heart is liable, that involve more or less interruption or disturbance of its functions, but which do not proceed from organic disease or change of structure in the heart itself. I will notice some of them.

PALPITATION OF THE HEART.

Palpitation of the heart, arrest of the circulation, stoppage of the heart and intermission of its beats, and almost every possible derangement of the heart's action, may arise from disease in other organs, or from mechanical causes. In many instances, wasting of the left lung, and sometimes a disappearance of that organ altogether, will leave the heart unsupported, and in this way occasion great irregularity in its beats; in fact, the heart will seem to fly

about and shift its place, while the disease of the lung might not be suspected—all the trouble being imputed to the heart. I have witnessed many instances of this kind in my own practice, and have known some in the practice of other physicians; and almost invariably the heart would be pronounced the seat of disease, when it was only sympathetically affected.

PALPITATION FROM FALLING OF THE BOWELS.

It very frequently occurs that palpitation and apparent disease of the heart originate from falling of the bowels.

In February, 1847, a gentleman, a book-keeper, called upon me, who had been for years in the habit of standing upon his feet at his desk a number of hours every day, the effect of which was to induce, to a considerable extent, relaxation of the abdominal belts and falling of the bowels,—so much so, that the heart was partially dislocated. He had consulted several of the most eminent physicians in this city, who had pronounced his case one of incurable heart-disease—an organic affection of the organ. They recommended perfect rest and retirement to the country; informing him, at the same time, that he was beyond the reach of all medical aid. I gave him remedies, among which I employed means to support the bowels and enlarge the capacity of the chest, and with them suitable medicines. He was restored to perfect health in six weeks, and is now, for aught that I know, as well as ever. He had suffered from this heart difficulty for several years when he called upon me, and had lived for a long period in constant expectation of a sudden death. There was no organic disease in this case, all the symptoms experienced resulting from falling of the bowels and indigestion.

Falling of the bowels is a very common cause of palpitation of the heart in a large number of nervous and excitable females; and so, also, is falling of the womb. All uterine complaints may, and very often do, produce palpitation of the heart.

EFFECTS OF DERANGEMENT OF THE LIVER UPON THE HEART.

The ascending *vena cava* passes directly through the fissure of the liver; and it may happen in some cases that a swelling of the liver, or an accumulation of gall-stones in the gall-bladder, will partially obstruct this great blood-vessel, so that the heart is supplied irregularly with blood. At one moment it is greatly distended; at another there is a deficiency of blood in it; and in this way irregular action is often produced, which, if long continued, will lead to organic derangement of the heart.

EFFECTS OF COSTIVENESS UPON THE HEART.

In many instances the effects of costiveness upon the heart, both mechanical and constitutional, are very serious. Where the bowels are slow, it often occurs that the colon or large bowel becomes distended with gas and excrementitious matter, especially at the left flexure, which is just below the stomach, and is thus pressed upward behind that organ, forcing it against, and mechanically deranging, the action of the heart, exactly in the same manner as when pressure upon it is produced by distension of the stomach.

Costiveness also affects the heart, by throwing back into the circulation of the blood large quantities of matter which should have been passed off by the bowels; and consequently tends both to increase the quantity and impair the quality of the blood; the circulation in this way being rendered more laborious to the heart. It also causes a distension of the bowels, so that they are carried upward to the chest and mechanically obstruct the healthy action of the heart.

Habitual costiveness will often derange the functions of the liver, and impede the secretion and delivery of its bile, thus not unfrequently producing, by degrees, congestion of the organ, and thereby greatly obstructing the circulation of the blood. It may thus exert,

both mechanically and constitutionally, a disturbing influence upon the liver. From these combined causes swelling of the lower extremities will often take place, and general dropsy be directly or indirectly produced.

In all cases of heart-disease, attended with slow bowels, I advise the frequent, constant, faithful, and continued employment of gentle cathartic medicines, taken at bedtime, in order to move the bowels the next morning. This course will exert a continually ameliorating influence upon the condition of the heart.

Some months since I became acquainted in this city with a lady then recently from Massachusetts. She was about fifty years old, and had usually enjoyed excellent health, but latterly suffered from fulness about the head, oppression in the left side, filling up at the pit of the stomach, and great sluggishness of the bowels, amounting at times to extreme constipation. Her occupations were mostly of a sedentary character. She rarely took any exercise, and wondered why others needed it, since she enjoyed excellent health without such exertion. Walking was to her irksome rather than agreeable, she preferring, as she said, to sit in a chair at home, and dispense with all recreation that cost her any trouble. A little reading, generally of light amusing books—sewing, writing an occasional letter, breakfast at eight, lunch at twelve or one, and dinner at six, constituted her course of living. This had not been her previous habit, as far as dinner was concerned; and she complained that it did not agree with her—that she did not feel as well dining at six, as she did when she dined at one; but, as the people where she boarded dined at six, she did so also, and repressed her appetite by a moderate lunch at one. This course of life continued for some months, and until the cold wet weather and heavy northeast storms of autumn came on,—the season in which the powers of life in every one are to some extent depressed, and the vital functions less actively performed,—when one day, while spending a few hours with some friends, she partook heartily of a late dinner. A short time after leaving the table, while engaged in conversation as usual, and appar-

ently without a moment's warning, she suddenly fell back on the sofa where she was seated, and expired.

Such is substantially the history of multitudes, and it should suggest to the mind of every intelligent reader the exceeding hazard of clogging the system by imprudent eating, while at the same time needed exercise is avoided and no medicinal means are employed to stimulate to activity the bowels and other emunctories, whose office it is to unload the digestive organs and carry off the excrementitious matter.

INFLUENCE OF THE SPERMATIC ORGANS UPON THE HEART.

The influence of the spermatic organs upon the heart is very marked and very great. Venereal excesses, seminal losses incurred by lascivious dreams, from secret vices and indulgences, and spermatorrhœa induced by any cause, will quickly affect the heart, weakening its functions, depressing its power to circulate the blood, producing palpitation, and lessening the vitalizing influence of the brain and nervous system; thus in a short time reducing the individual to utter prostration, both mental and physical.

These disturbing causes should be completely and promptly arrested. They may be removed without difficulty, and the heart may be relieved from the prostrating effects produced by seminal losses and excitements.

Palpitation of the heart, occurring in young men between the ages of fifteen and twenty-five, often when married, but especially if unmarried, should lead us at once to suspect the presence of seminal debility, resulting from some or all the sources I have mentioned.

HEART-DISEASE MAY BE CURED.

There is a very general belief that true heart-disease is in its nature incurable, and this belief occasions a great deal of mental distress in those who know or fear they are the subjects of this

complaint. There are hundreds who, from the time the awful fact is announced that they have disease of the heart, sink down into a state of despair, and thenceforward live in the daily, perhaps hourly, apprehension of death, unrelieved by a single ray of hope, that, by any possibility, their disease can be cured.

To remove these torturing fears, and encourage those who are the unfortunate subjects of this disease to seek for effective relief, I insert here a few of the letters I have received from my patients. If the reader will give them an attentive perusal, I think he will be convinced that this disease is amenable to medical remedies. It is an error to suppose it incurable. These cases abundantly prove the fact. I give the names and addresses in full, and if any doubt is entertained regarding the authenticity or truthfulness of the letters, I ask the reader to address a note to any one of the writers, (inclosing of course a stamp to pay the postage on the answer,) or call personally upon them, and thus satisfy himself as to the truth of the facts stated. Indeed, I would recommend the reader to do so. The grossest impositions are being practised by the publication of fictitious and forged testimonials of cures, both in books and in our newspapers; and it is altogether unsafe to place confidence in any such publications without an investigation to ascertain that they are genuine and authentic. The city of New York, especially, is the head-quarters of swarms of medical swindlers, who boldly forge the names of well-known, respectable citizens and influential newspapers to their lying credentials. Let the sick be on their guard against the arts of these impostors.

CASE I.—*Mr. Benjamin F. Twombly.*

A REMARKABLE CASE OF HEART-DISEASE.

TAMWORTH, CARROLL Co., N. H., December 9, 1857.

DR. S. S. FITCH:

Dear Sir—I must apologize to you for not writing you before. I certainly ought to have done so. At the time I applied to you, I had taken so much medicine that did me no good that I gave up all hopes of recovery; and, to be honest about the matter, I thought the same of yours. But, sir, to commence the narrative of my case: Nine years ago I was taken with a slight pain in my heart; and just before I had the pain, there appeared to be a raw or sore spot on the heart about as big as a five-cent piece. But it may have been imagination. It was, at all events, very sore, and I suffered the most excruciating pain in the heart. Then the heart commenced palpitating, and by spells it would entirely stop. One time, in particular, I fell senseless in my house; the neighbors were called, and by their timely aid—by rubbing, and putting something stimulating into my mouth—I came to myself again. My family became more alarmed than ever, and also my friends; they said that they thought I was past cure. I called upon the best doctors of the day, as they were thought to be; they said, all as one, it was the heart complaint, and could not be cured. I was then very weak. Some of them told me they could make me easier. They left me some medicine, but all they prescribed hurt me, and I gave it back to them one after another. After taking the medicine of the last one of them for some days, he came to see me, and found me lying upon the floor, for I had not laid on a bed for five weeks. I told him his medicine would kill me, and he had better take it away, which he did. The doctors all said that my disease was incurable. By chance I got one of your books; I read it, and it gave me some hopes; but my hopes were small, for I had not laid my

head on a pillow for about three years. I had to sit up in bed with my shoulders covered up; I could not breathe if I laid down. Then, as the last resort, I thought I would write you. I think it was in October, 1852, and I stated my case as near as I could. You wrote me that my case was a bad one, but you thought you could help me. Even this encouragement almost gave me new life. You prescribed for me, and I commenced the use of your remedies. In a few days I went out to my shop, some twenty rods from the house, where I had hands at work; I had not been there for six weeks. My health rapidly improved.

Some of the doctors told me, before I got help, that if Dr. Fitch helped me so that I could ever work again, they would go in for him on heart complaints; they are surprised now to think I am so well. I now do as much work on my farm as I ask any man to do. If any one wishes to address me, he is at perfect liberty to do so. This is at your service, and may God ever bless you, here and hereafter.

Yours, with respect,

BENJAMIN F. TWOMBLY.

A more recent Letter from Mr. Twombly.

[In November, 1858, nearly one year after the date of the above letter, Mr. Twombly wrote to me again, to say that his cure was permanent,—his health continuing good. I extract the following lines from his letter. It seems that his recovery, from what was supposed by all his friends and his physicians to be an incurable disease, has excited not a little interest wherever it has become known.]

TAMWORTH, November 10, 1858.


DR. S. S. FITCH:

Dear Sir—You may think strange of me in addressing you at the present time; but, sir, the regard that I have for you, and your request when you last wrote me, are the reasons why I take the liberty. I feel as though I wanted you to know that, through the

tender mercies of a kind Providence and your medical aid, that I still live, and continue to enjoy good health. Notwithstanding the dreadful complaint that I once had—the heart complaint—I trust I am well. I hope you will always have as good luck in others. But, sir, it astonishes me, at times, to find that there are so many troubled with it. The news of my recovery spread before it was published, seemingly, all over creation; for people came thirty miles distant to see if it was true that Dr. Fitch could cure heart-disease; and they continue to send and come. My wife often tells me that I had better put up a sign as physician. Some believe it is all a humbug, and they will be to the expense of coming and seeing. Since the letter was published, I have had ten letters in one day in relation to the heart complaint. Some wrote me that they did not believe there was any person by my name. It would make you laugh to see the contents of some of their letters. I believe I have had letters from all quarters of New Hampshire, Vermont, New York, and even from Broadway, and more than one from Massachusetts, Virginia, &c. There is one thing most curious: of all the letters that I have answered, amounting to more than one hundred and fifty, they have all forgotten to send stamps to prepay but five. I have answered their letters and paid the postage, because I pitied them.

Yours, with good wishes, forever. From your friend,

B. F. TWOMBLY.

[ I would add, that I hope the hint given above by Mr. Twombly, in relation to *postage*, will not be thrown away. The expense of postage should not be imposed upon any one to whom letters of inquiry are addressed. Simple politeness would dictate that, when information is asked for the benefit of the inquirer, the inquirer shall not ask, also, for the money of his correspondent, by way of postage. The person who does this cannot complain if his letter is not answered. Always inclose a stamp to prepay the postage of a reply.]

CASE II.—*Hon. John Kelly, Member of Congress from New York City.*

NEW YORK, NOV. 24, 1857.

MY DEAR SIR: Supposing that others, afflicted as I have been, may be benefited by the knowledge and use of your remedies and treatment, I am induced to write you this communication. You may make any use of it you deem proper. For a number of years I had been afflicted with what I supposed to be a disease of the heart; at times I have had great distress in the region of the heart and left side, occasionally violent palpitation and fluttering of the heart; the circulation of the blood seemed to be slow and obstructed in some way; my digestion was very imperfect; I was nervous and despondent; was troubled with headache very much, and had turns of a sinking, faint, prostrate feeling, which were distressing, and alarmed me. Having tried numerous remedies, as recommended by physicians, and without any apparent benefit, I gave up all hopes of obtaining relief, when I was advised by a friend of mine to call upon you, as he felt confident that you would be able to relieve me. I am glad to inform you that his predictions have been fully verified. The medicines and treatment you prescribed for my case have had well-nigh a miraculous effect upon my system. I am now nearly restored to my former usual good health, and, by the aid of your remedies, and the help of a kind Providence, I hope finally to be completely so. I would most certainly recommend your treatment to any who may be afflicted as I have been.

Very truly yours,

JOHN KELLY, M. C.

DR. SAMUEL S. FITCH, No. 714 Broadway.

CASE III.—*M. Cayword, Esq., of Newark, N. J.*

SERIOUS HEART AFFECTION, WITH COUGH, DYSPEPSIA, &C., CURED.

NEWARK, N. J., April 12, 1858.

DR. SAMUEL S. FITCH:

Sir—For the benefit of others who may be afflicted as I was, I want to give you a statement of the condition I was in when you commenced treating me, and what you have done for me, and you are at liberty to publish it if you please to do so.

In the spring of 1856, about one year before I applied to you, I was attacked with palpitation of the heart and shortness of breath, which continued and increased until fall, when I was obliged to give up work altogether. I called in a doctor, who was considered the best in this city. His medicines gave me no relief, and I continued to grow worse; another doctor then prescribed for me, but with no better success: I grew weaker and weaker. I then tried a doctor's remedies from Philadelphia, but to no purpose. By this time my attacks became so frequent and severe that I had to be careful how I walked, even how I talked, my breath was so short sometimes. My heart beat so hard that my breast was made sore by it. For days I would have to keep my bed; my lungs seemed all filled up; I had a bad cough, and occasional attacks of rheumatism. I gave up all hopes of getting any help, and expected every day would be my last. But the Lord thought proper to order otherwise, for he sent, as it were, an angel of mercy to direct me to a fountain of health. A friend of mine told me he thought Dr. Fitch could help me, and urged me to go to him. Although I had but little faith in any remedy, I went to see you in June, 1857. I did not know whether I should return alive. You examined me, and described my disease so correctly, according to my feelings, that I left much encouraged by your promise to help me. Still I feared that if your medicines were like all others I had used, I could not stand them. But, to my great surprise, I found them to act

differently. Instead of weakening, they at once strengthened me, and in the course of only two weeks I was much improved, and those bad spells of short breathing and palpitation I had suffered so much from had vanished. The medicine acted like magic, so that I am restored to good health. It has been like raising one from the grave. I do most earnestly recommend any one who is afflicted as I was to apply to Dr. Fitch. He will be found to be a skilful honorable, and benevolent physician.

Yours truly,

M. CAYWORD, 323 Railroad Avenue, Newark, N. J.

P. S. If any doubt the truth of my statement, I ask them to call on or write to me. I can convince them.

M. C.

[Mr. Cayword still continues in the enjoyment of good health at this date, January, 1859. His was a most marked case, and should encourage others similarly affected to expect relief. I am aware that it requires very positive and conclusive evidence to remove the prevailing belief that heart-disease is incurable. But it would seem that such an instance of cure as the above ought to settle the point, and if Mr. Cayword, after sinking as low as he did, could be cured, few need despair.]

CASE IV.—*Mrs. Mary M. Hurlburt, of New York City.*

A CLEAR CASE OF HEART-DISEASE CURED.

No. 8 FORTY-FOURTH ST., NEW YORK, Jan. 20, 1856.

DR. S. S. FITCH:

Dear Sir—I do really desire that every one of the thousands who are suffering from disease of the heart may be made acquainted with the fact that you can cure it. One year ago I called upon you, with a disease of the heart which had been pronounced incurable.

ble by several physicians of this city. My mother had died of the same disease, and others of my relatives were affected with it. I had the most distressing palpitation of the heart, with terrible pain in the side and chest; at times I had turns of fainting, when the heart would beat for a time most violently, and then seemed to cease beating altogether, and I was completely prostrated, and nearly deprived of consciousness. You gave me remedies for my complaint, and I used them faithfully. The effect was truly astonishing; it seemed like magic; my distressing feelings were speedily relieved. In a word, the medicine cured me, and I have remained well. Let me say, too, that my aunt, Mrs. Mary Thompson, of West Haven, New Haven county, Conn., has also experienced the most marked relief from this same disease by the use of your remedies. I repeat the wish that all who need it should know the virtues of your wonderful medicine. I am satisfied that it would save hundreds of lives if it were only known as it deserves to be. Accept my warmest thanks for the renewed health you have been the means of giving me.

Respectfully yours,

MARY M. HURLBURT.

[Mrs. Hurlburt has, since the date of her letter, had but little trouble with her heart. Whenever disturbed, she resorts to my remedies and always finds relief.]

CASE V.—*Samuel Davis, Esq., of Lansing, N. Y.*

HEREDITARY HEART-DISEASE CURED.

LANSING, TOMPKINS CO., N. Y., Jan. 27, 1858.

DR. S. S. FITCH:

Dear Sir—You will perhaps recollect me as a patient of yours some years since. Reading an article from your pen in a New York paper recently, on the subject of disease of the heart, has suggested

to me that I should communicate to you more fully than I have yet done the result of your treatment in my case. You may remember that I called on you first in November, 1849. I had then been suffering with heart-disease about four years. It is a complaint hereditary in my family. Two of my brothers have died of it. I was at the time of my first visit to you, and had for a long time been subject to most distressing palpitation of the heart; at times as I sat in my chair, the throbbing and excitement of the heart could be seen across the room, it so agitated my dress, my person, and the chair in which I sat. Frequently the heart would stop apparently, and then start again with a jump and a shock, followed by a terrible fluttering, and a trembling all over that was distressing and alarming. I was subject to frequent attacks of difficult breathing, like asthma, and distress for breath, when it seemed that I could not live. I suffered much pain, particularly in the left side, shoulder, and arm; with bad dyspepsia, bad costiveness, and soreness at the pit of the stomach. I had most distressing cold chills, frequently, with shiverings and tremblings; much of the time I was confined to the bed. My left side was enlarged, and my physicians said I could not live, as mine was a bad case of enlargement of the heart, and could not be cured. I had doctored much, and employed the best medical skill I could find, but without any material relief.

When you saw and examined me, you assured me my case was not a hopeless one; on the contrary, you thought you could cure me. Cheered by this assurance, I put myself under your care, and commenced the use of your remedies. In less than a fortnight I began to get better. The palpitation, distress for breath, pain, costiveness, indigestion, with other bad symptoms, gradually subsided, and in the course of a few months I found myself restored to comfortable health; and now I have been a well man for eight years. The beautiful adaptation of your plan of treatment and your remedies to disease of the heart I regard as really wonderful. It is certainly your duty to make the fact that you cure this complaint, so distressing and so frightful, as widely known as possible. For

myself, I make it a point urgently to recommend all whom I meet suffering from this complaint, to apply to you.

Ever gratefully yours,

SAMUEL DAVIS.

CASE VI.—*John M. Townley of Elizabeth, N. J.*

HEART-DISEASE WITH DYSPEPSIA RELIEVED.

ELIZABETH, N. J., Oct. 25, 1858.

DR. S. S. FITCH :

Sir—For four years I have been afflicted with one of the most terrible of diseases, the palpitation of the heart. Incredulous as to relief, it was with difficulty that in May last I was induced by friends to try your medicines. Although they have not as yet effected a perfect cure, yet my health is decidedly improved, and I wish to express my gratitude to you for your remedies, hoping that you may be enabled to give publicity to this, thereby adding one more testimonial in favor of your mode of treating this complaint. During one year previous to these attacks of palpitation, violent pains in the lower region of the bowels seemed at times to threaten my life. Gradually these pains were experienced higher in the bowels, and at last reached the stomach. Palpitation soon began, when the violent pains before experienced to a certain degree subsided, and were felt in the stomach mostly during the attack. At this time I had no idea of the cause of all this suffering, but gradually came to the conclusion that it was dyspepsia, which conclusion you arrived at in a moment, upon seeing me. The attacks grew harder and harder, continuing from one to twenty-four hours, weakening me at times to such an extent that it would be impossible to sit up in the bed, or even speak, and always unnerving me for the time so that I could walk but a few steps. I appeared to obtain some relief from bathing the feet in warm water previous to, and during the attacks, of which cold feet and hands, and a dulness with a tired feeling, were the premonitory symptoms. All remedies,

however, failed, until I was persuaded to place myself in your care. By the use of your remedies, under your directions, my health has been improved, so that the attacks are fewer and less violent, and I am enabled to eat food that it was impossible to have eaten before without bringing on an attack. Before taking your medicines, I was compelled to eat such simple food that it gave but little strength, but now I indulge in all tender meats with impunity, and am gradually gaining strength. This letter I transmit to you, sir, as an acknowledgment for the benefit you have conferred upon me, the more "material" compensation being nothing in comparison with the good done, and I hope it may be the means of inducing some one similarly afflicted to try your invaluable medicines.

JOHN M. TOWNLEY.

CASE VII.—*Letter from A. H. W. Vansiclen, Esq.*

NEW LOTS, LONG ISLAND, N. Y., Feb. 28, 1855.

DR. S. S. FITCH:

Dear Sir—Having suffered exceedingly from that prevalent and truly alarming complaint, disease of the heart, I find words inadequate to express my gratitude for the benefit I have derived from your valuable remedies. As a trifling remuneration for your benevolence and unceasing exertions so freely spent in my behalf as well as a duty to an afflicted community, I hereby make a public acknowledgment of the facts of my case, knowing of no better method of accomplishing my wishes or desires; and, by doing so, can merely add another link to the long chain of testimony already produced in your favor for the treatment of chronic affections. If, however, by this brief communication I should aid or alleviate suffering humanity, and cast a gleam of hope to those similarly afflicted, I shall not entirely fail of the object at which I aim. For years has this disease, with a complication of others, been making its fearful ravages upon my system, and picturing to me time after time (the only encouragement or consolation to be derived from a

vast majority of the medical faculty) that of death in one or another of its forms. I have been so reduced or debilitated as to be confined to the house for months at a time, and frequently to my bed. I have been under the treatment of various physicians, all of whom arrived at nearly the same conclusion, and left me, with the most terrible forebodings, to my fate. At present I am better than I have been for years, and every thing seems to indicate a steady course of improvement, so that I am led to believe that, with the blessing of God, I may yet walk the rosy path of health, so long to me unknown. To those who are suffering with this fearful malady, without being able to obtain relief, I would say, submit to the treatment of Dr. Fitch, and you will soon be convinced of the superiority and efficacy of his practice. It nevertheless requires unceasing care and good judgment on the part of the patient, and a strict compliance with his counsel or advice. And now, as I sincerely believe that you have been the instrument, through a kind Providence, of restoring me to my present comfortable condition, permit me, therefore, to hope that you may have health and happiness beyond the average period allotted to man on earth, and that you may benefit many a desponding sufferer as greatly as you have me. I will close with my ardent wishes for your welfare and prosperity.

Respectfully yours,

A. H. W. VANSICLEN.

ORGANIC HEART-DISEASE OF LONG STANDING CURED.

CASE VIII.—*Letter from Mrs. S. Lock, of Michigan.*

SANILAC Co., WONICOT P. O., MICHIGAN NORTH, Feb. 8, 1857.

DR. S. S. FITCH:

Dear Sir—I do really desire that every one of the thousands who are suffering from disease of the heart may be made acquainted with the fact that you can cure it. About nine months ago I

applied to you, after having read your lectures, by letter, with a disease of the heart, which had been pronounced incurable by the best physicians in this part of the State. I have been severely afflicted, for the last five years, with the most distressing palpitation of the heart, with terrible pain in the side and chest at times. I had turns of fainting, when the heart would beat for a time most violently, and then cease altogether for a while; after which I would be entirely helpless. Two years ago I was so near gone, that for about three months I was almost daily expected to depart this life. I had given up all hopes of ever recovering again to a state of health, when I was induced to apply to you. I received your medicines about seven months ago, and, after taking them according to your directions, I have been restored to quite good health, for which I feel very thankful to you and a kind Providence, and I hope that your days on earth may be many and happy; and if I should never have the pleasure of seeing you on earth, I hope to meet you in heaven, where sickness, pain, and death are felt and feared no more.

Truly yours,

MRS. S. LOCK.

P. S. I was very badly bloated around the chest, and in twelve weeks I shrunk twelve inches. You are at liberty to make such use as you please of this letter.

DR. S. S. FITCH, 714 Broadway, New York :

Dear Sir—After my best respects to you, &c., &c., I hereby certify that I am personally acquainted with Mrs. Lock. She lives in sight of my door. Your treatment and remedies have had the desired effect of restoring her to health. I therefore testify to the truth of the within written.

Yours respectfully,

REV. ABRAHAM SLOAT. .

CASE IX.—*Letter from Mrs. M. H. Valentine, of Brooklyn.*

SOUTH BROOKLYN, July 16, 1856.

DEAR DR. FITCH:

You to whom I owe so much of my health and happiness, words can but feebly express my feelings, yet I cannot refrain from addressing you, to assure you what my gratitude must be in future.

About six months previous to the date at which I commence this letter, I was severely afflicted with what I supposed to be disease of the heart. I had tried every thing I could hear of, together with the advice of one of the best physicians in the city, until I was satisfied I had done much to my injury to obtain a temporary relief. In this state of suffering I came to you for advice, which you gave me with such calm confidence, it encouraged me, and sustained me, or, rather, seemed to quiet me; for, in my weak and highly excitable state, the barest possibility of relief acted as a stimulant, and seemed to arouse every nerve within me. I willingly submitted myself to your treatment, and soon experienced its magic effects. I can truly say I have not enjoyed such uninterrupted health in many years. In skill and science, I am sure you have no equal. I have read your book of Lectures with peculiar pleasure, which I recommend most cordially, and particularly admire the liberal and generous tone, so free from any thing like professional exclusiveness.

I have endeavored to be as brief as possible. Permit me, therefore, to hope you will have health and happiness, beyond the reach of want, for the rest of your life, to compensate you for your benevolence and energy so freely spent in the public service.

Yours, truly and sincerely,

MRS. M. H. VALENTINE.

[When this lady came to me, she was not expected to live three months.]

CASE X.—*Letter from Mrs. E. K. Clement, of Pennsylvania.*

STROUDSBURY, MONROE CO., PA., Feb. 23, 1854.

DR. S. S. FITCH:

Dear Sir—It will be three years next winter since I called to see you. I was then pronounced in the last stage of the heart-disease by the physicians of this place. They said that there was no cure for me. I was then induced by the entreaties of my husband to go and see you, yet with very little hope of being cured. You gave me remedies, &c., which I took, and followed your directions to the letter; and in six months time I could say, "I am well." I could sleep as sweetly as a little babe, and on my left side as well as my right, which I could not do for years previous.

* * * * * *

Since my cure of the heart-disease, many have been induced to try you, and several more are going to see you this spring. Our doctors *must* and *do* acknowledge that you can cure that disease.

Yours truly,

ELIZABETH K. CLEMENT.

CASE XI.—*Letter from Geo. S. Parker, Esq., of Illinois.*

PECATONICA, WINNEBAGO CO., ILL., June 10, 1855.

DR. S. S. FITCH:

Dear Sir—I have delayed writing to you longer than I intended. I have to congratulate both you and myself on the good effects your medicine has had on myself; as at the time I received it, my case was considered hopeless by my friends and one of the best physicians, and that a frost or two would number my days, if not before. But, thanks to a kind Providence, through your means I am better than I have been for nearly two years; the only symptom of disease left is, once in a day or two days, a little disagreeable feeling or flutter of the heart. But your remedies always give me prompt relief, and I think the treatment would in a little time effect a permanent cure. I finished taking your medicine about a week

ago, and have been the longest without medicine that I have been for a year and a half.

Respectfully yours,

GEO. S. PARKER.

CASE XII.—*Edmond R. Wescott, Esq., Sing Sing, N. Y.*

SING SING, N. Y., Nov. 7, 1857.

DR. S. S. FITCH :

Dear Sir—I have long felt that I owed it both to yourself and others who may be afflicted as I have been, to make a public acknowledgment of the fact, that you have restored me to complete health, from a disease of the heart, considered by myself, my physician at home, and my friends, as incurable and hopeless. I consulted you first in June, 1850. I had then been suffering two years from heart-disease, and, it seems to me, of all sickness a man can have upon him, this is the most dreadful. In that two years I suffered a thousand deaths. It commenced in 1848, by a severe palpitation; this increased steadily until it did not seem that I could live from hour to hour. The pulsations of the heart shook the whole body—they could be seen by those about me in the movement of my whole person, and as I lay in bed, my wife could plainly hear the beating of the heart. I was disqualified for the least exercise, for in moving even moderately, the palpitation would be so violent that it seemed as though the heart came up into the throat; and I would be oppressed for breath almost to suffocation. I became emaciated to a skeleton, so weak that I could hardly stand, digestion became feeble and bowels costive, my spirits were depressed till life lost all its attractions. I hardly cared to live, and waited from day to day for death to put an end to my sufferings.

I consulted the ablest and most skilful physicians in the region of my home; among others, Drs. Hoffman, Belcher, and Hall, of this place, but they gave me no encouragement. They kindly administered what they hoped would palliate my immediate sufferings, and perhaps prolong for a few days my miserable life. But they

did not give me the smallest hope that I could be cured. I tried every resource of medicine that I knew of, but all to no purpose, and physicians and friends alike despaired of all possibility of my recovery.

As I say, in this condition I consulted you in June, 1850. I begged you to give me your candid opinion, for I was prepared for the worst. To my surprise, after a careful examination of my condition, you said you could cure me. I must say, I thought you were quite too confident; but as a last resort, I concluded to make a trial of your remedies, and I have abundant reason for thankfulness that I was induced to do so. I immediately commenced the use of your remedies, and soon experienced sensible relief. My recovery was necessarily slow, for my whole constitution seemed to have been shaken to pieces. But the distressing symptoms, the palpitation, distress for breath, &c., gradually subsided; my appetite and strength improved, my usual flesh returned, until I was entirely recovered, and I have now had several years of good health. There can be no doubt that I had organic disease of the heart, or else all my physicians were deceived; and the fact that you have cured me is certain. Be sure I shall never forget the great debt of obligation I owe you.

Yours, &c.,

EDMOND R. WESCOTT.

CASE XIII.—*Mrs. Mary A. Cross, of California.*

[MRS. MARY A. CROSS first visited me in February, 1858. I found her the subject of a complication of disorders, prominent among which was derangement of the heart. There was extreme palpitation, hard beating, stoppage and fluttering at times, with short, oppressed breathing, and inability to perform any considerable exercise. She suffered much from indigestion, wind in the stomach, heavy, oppressed feeling, poor appetite, pain in the left side and shoulder and in the back. She was pale and weak, with an occasional determination of blood to the head, while she was much troubled with

cold feet and hands. She put herself under my treatment, and in September following I received from her the following brief but expressive letter.]

SACRAMENTO CITY, CAL., Sept. 2, 1858.

DR. S. S. FITCH :

Dear Sir—I am happy to say that your medicine has restored me again to health. I have no pain or bad feelings in my side, and have had no palpitation or other ill turn for more than three months. I have every reason to believe the cure permanent, for which you have the most sincere thanks of my husband and myself. We shall ever remember you with feelings of the deepest gratitude.

Yours with respect,

MRS. M. A. CROSS.

CASE XIV.—*John Knowles, Esq., of Virginia.*

[MR. JOHN KNOWLES, of Norfolk, Virginia, called on me in March, 1858. He had been suffering for some time with severe pain in the left side. The action of the heart was extremely irregular. There was almost constant palpitation, with occasional stoppage and fluttering, followed by hard beating, prostration of strength, and a sinking, all-gone feeling at the stomach. He was troubled greatly with short breath, and was unable to endure sudden exercise or much labor of any kind. One prominent symptom was a most distressing throbbing at the pit of the stomach and in the upper part of the abdomen. His digestion was much impaired, and he was troubled with habitual costiveness. After using my remedies a few weeks, he wrote me the following letter :]

NORFOLK, VA., April 11, 1858.

DR. S. S. FITCH :

Dear Sir—It is with pleasure that I state to you that the remedies you have prescribed for me, have had a wonderful effect. Already I feel as if I was a new man. I have had no palpitation

for the last two weeks, and I have only had that throbbing at the pit of my stomach twice since I commenced taking your remedies.

* * * * * With heartfelt gratitude for the good you have done me, I am, dear sir,

Yours truly,

JOHN KNOWLES.

CASE XV.—*Mr. E. G. Wamsley, of Illinois.*

BUFFALO GROVE, OGLE CO., ILL., June 14, 1855.

DR. S. S. FITCH :

Dear Sir—I will take the opportunity of writing to you, having some spare time, and wishing to inform you of the state of my health. I feel truly thankful to you for your remedies and advice, which have been so beneficial to me. I am, now enjoying better health than I ever expected to, when I applied to you. My soreness in the throat has disappeared, and the terrible palpitation of the heart that I was so troubled with, together with a peculiar wheezing sound in my chest. In fact, I am well now, and can simply thank you for your attention, and treatment of my case. I would most earnestly recommend those afflicted with disease of the throat, heart, or lungs to try your treatment, and you are at perfect liberty to refer any one to me.

Truly yours,

E. G. WAMSLEY.

CASE XVI.—*Richard B. Johnson, Esq., of North Carolina.*

SUDDEN ATTACKS OF PALPITATION, DISEASED LUNGS, GREAT DISTRESS
AND HYPOCHONDRIA RELIEVED.

STACYVILLE, ROCKINGHAM CO., N. C., Sept. 27, 1857.

DR. S. S. FITCH :

Dear Sir—* * * * * If I was to undertake to tell the sufferings I have undergone, I should fall very short of it. I wish I

could ; but it is sufficient to say that I was, through a good portion of last winter, sorely afflicted both in mind and body. Sometimes believing that I was breathing out of the back part of my head, sometimes out of my hands and feet, and sometimes that I was not breathing at all, with many other such strange feelings and thoughts. You can see, by reference to my first letter, that I fell a victim to heart-disease in 1854. Some time last year my heart appeared to get better, and the disease fell on my lungs. I suffered a great deal with them until the latter part of last winter, when under your admirable treatment, I began to improve. A disagreeable humor was thrown out on my skin, which continued until the latter part of the winter, when I commenced spitting a great deal of thick, heavy matter. I don't know that I should say too much if I was to say that, at the commencement, I spit half a gallon of this matter in the course of a day and night. When it commenced, my skin, which had been thick and scaly, caused by the humor, began to shed off, and continued to do so, until it is now as smooth as ever it was, and looks as healthy. I also commenced improving gradually from that time, and have continued to improve till the present time. About the middle of May last I was able to go out of my house for the first time in two years and six months, having been the most of that time in my bed ; and now my friends, who see me up and about my farm, and in the neighborhood, express great gladness, saying they had no idea of seeing me out again. I believe God in his providence has made use of you, sir, to restore me to the measure of health I now enjoy, for which I cannot express too much gratitude. I remain,

Your sincere well-wisher,

RICHARD B. JOHNSON.

CONSUMPTION AND HEART-DISEASE CURED.

CASE XVII.—*Mrs. Catherine Spicer, of Columbia Co., N. Y.*

PHILMONT, COLUMBIA CO., N. Y., July 31, 1855.

DR. S. S. FITCH:

Dear Sir—I commenced taking your remedies, by your prescription, in May, 1852. I had been complaining, and confined to my room, for six months, attended by an allopathic physician, who said to many that I would never leave my room till I was carried to my grave: he called my disease consumption. I took your medicine but a few weeks before I was more regular than I ever had been, although I was twenty years old. I had also been troubled with heart-disease, and never found any relief till I took your remedies for this complaint. Never could any thing be more soothing than your medicines were. The trouble about my heart is relieved. I have recommended them to others that were troubled with heart-disease, and they have experienced great benefit. I beg you to accept my hearty thanks for your kindness, for you have been the means of relieving a world of suffering, and I pray that your life may be long spared to the world, wherein so many bless you.

CATHERINE SPICER.

CASE XVIII.—*Mrs. Ann A. Cole, of Vermont.*

PALPITATION OF THE HEART WITH LUNG-DISEASE CURED.

WEST DERBY, VT., Oct. 9, 1856.

DR. S. S. FITCH:

Dear Sir—In May, 1853, I applied to you as an invalid after an illness of three or four years, without aid from any one, although I had employed good physicians. I had a very bad cough of several years' standing, commencing when I had measles. I had raised blood many times, and much of it, with distress at the stom-

ach, and also a burning in my chest, as if heated by a furnace, with much headache. I had almost incessant palpitation of my heart, which of course gave great alarm to my friends, as it gave me great distress. I had much pain in my chest, sides, and back, with excessive costiveness. At this time, when all despaired of my recovery, I wrote to you. The result of your medical treatment has been a full restoration to health. My recovery is considered almost a miracle among my acquaintances. Please accept my best thanks.

Respectfully yours,

ANN A. COLE.

DYSPEPSIA.

By *indigestion* is meant any failure that may take place in the complete and perfect preparation of the food for the nourishment or nutrition of the body, after it has been received into the stomach.

By the term *dyspepsia*, I intend what may properly be designated as *chronic indigestion*—such a change in the structure or functions of the organs employed in converting food into blood, as disqualifies them from completely performing their office. A person may swallow indigestible food, or food in too large a quantity, or he may be exhausted by over-exertion, or experience violent mental agitation—and in consequence, the process of digestion may be suspended or impaired. This temporary derangement would be correctly termed *indigestion*, but not properly *dyspepsia*. It is when indigestion has become chronic or habitual, that it is termed *dyspepsia*: I therefore say, *dyspepsia* is *chronic indigestion*.

That we may the better understand what *dyspepsia* is, how it is induced, how it may be avoided, and how cured, we will glance at the process of digestion itself, and the organs engaged in it.

Immediately after the food has been swallowed or deposited in the stomach, there is poured out from the internal surface of this organ a peculiar fluid called *gastric juice*, which has the power to dissolve the food, reducing it to a whitish, cream-like, semi-fluid mass, called *chyme*. The gastric juice is thus furnished only when it is called for by the presence of food in the stomach, and only in sufficient quantities to dissolve the food swallowed. It appears, however, that the solvent power of this *juice*; as well as the capacity of the stomach to secrete it, is limited—a certain quantity being required to dissolve a given quantity of aliment; and that after a certain amount has been at any one time secreted, the secretion is

suspended, even although there should be food present still undissolved; so that if more food is taken than is required by the wants of the body, a portion is liable to remain undigested in the stomach, or to pass out of it in a crude state, unfitted for nourishment to the system. I should add, that while this process of solution is going on, the stomach, by a peristaltic motion—an alternate contraction and dilation of its walls—keeps up a sort of churning movement, which throws its contents from side to side, tending intimately to mingle the food with the gastric juice, thus aiding its solution.

After the food has been dissolved and converted into chyme, as described, it passes from the stomach, through an opening or duct in its right extremity, which is called the *pylorus*, or *pyloric orifice*, into the “second stomach,” or *duodenum*. Here it is met by the *bile*, which is furnished from the *gall-bladder* in the liver, and poured into the *duodenum* through a small tube called the *gall-duct*. It also here receives a peculiar fluid called the *pancreatic juice*—a fluid resembling saliva, which is supplied by a large gland lying behind the stomach, called the *pancreas*. The mingling of the bile and the pancreatic juice with *chyme*, converts it into *chyle*, and is a most important part of the process of digestion, as will be apparent from one or two facts: the gastric juice being somewhat acid, the chyme, as it leaves the stomach, composed as it is of the food in a state of solution mingled with this juice, has also an acid character; therefore to prepare it for the action of the organs of absorption, assimilation, and nutrition, it is necessary that its acidity should be neutralized; otherwise it ferments, causing flatulence, irritation, pain, &c., and more or less of it is rejected by the system. The bile, however, is *alkaline*, which, mingling with the chyme in the duodenum, neutralizes its acidity, converting it into a bland, mild, neutral fluid,—preparing it to be kindly received by the absorbents, and welcomed into the life-currents of the body.

In this state the food passes on from the duodenum, through the intestines, by a peculiar motion of the bowels, called a peristaltic movement. Along the surface of the intestines are distributed

thousands of minute absorbing vessels or tubes, called *lacteals*, their mouths opening into the intestines; and these absorb, or drink up from the chyle, all the nutritious matter it contains, which is thence conveyed by channels provided for the purpose into the current of the blood. Important changes take place in it on its route from the intestines to the blood; but it is not essential to my purpose that I should notice them, as I intend here only to glance at the more important processes in digestion. There are, of course, many others; but the description given is sufficiently complete to enable the reader to understand what I wish to say on dyspepsia.

Now let me say, that whenever there is a failure on the part of any of the organs engaged in preparing the food for nutrition, to discharge their appropriate functions,—if the stomach fails to dissolve the food, or the liver to furnish its bile, or the pancreas its juice,—if the intestines are at fault, and the lacteals do not take up the nutriment as they should, or take up what they should reject,—then there is *indigestion*; and if this indigestion becomes chronic, we have *dyspepsia*. It will be seen, then, that a healthy digestion depends upon (1st) a proper supply (not too much or too little) of nutritious digestible food; (2d) upon the complete mastication of this food before it is swallowed, in order that the gastric juice may easily act upon it; (3d) upon an adequate supply of gastric juice, of a good quality, in the stomach, and the proper peristaltic motion of that organ at the proper time; (4th) upon the due performance by the liver and pancreas of their appropriate offices, in furnishing, when needed, the bile and pancreatic juice; and (5th) a prompt action of the intestines, in moving the dissolved food through them, and of the lacteals in taking up the nutriment from the chyle. If *any one* of these processes should be at fault, then there is indigestion.

After reading the description given of the process of digestion, it is easily understood why indigestion is so very common, as also why it presents so many and such various phases and symptoms in different individuals, and even in the same individual at different

times. Sometimes the fault is in the stomach—there is too much or too little gastric juice, or it is of a poor quality; or the stomach has lost its muscular tone and strength, and the food lies still and motionless, causing wind in the stomach, a dead heavy feeling, pain, sinking, &c. Sometimes the liver is at fault—it is torpid and inactive; the bile is withheld, or is of a vicious quality—possibly there is a surplus of bile; and there will be fermentation of the food in the duodenum, flatulence, cutting pains, and costiveness, or irritation of the bowels, with diarrhoea, emaciation, loss of strength, &c. Frequently the stomach is overloaded, or contains food that it cannot dissolve, or that is too exciting and irritating, or that is too sedative, paralyzing it more or less. Of course, the symptoms in any case will depend upon the organ or part which is at fault—and no two cases will be precisely alike.

VARIETIES OF INDIGESTION AND DYSPEPSIA.

As I have intimated, the forms, phases, conditions, symptoms, and effects of indigestion, both temporary and chronic, are exceedingly numerous. I do not propose, however, to enter at length into a particular description of all the varieties of dyspepsia or indigestion, but merely to point out the principal *classes*, if I may so term them, or forms, of this disease, into which they have been naturally divided.

INDIGESTION FROM DISORDER IN THE STOMACH.

I will notice some of the forms of indigestion, both temporary and protracted, which have their seat in the stomach itself; but in doing so, I shall pass over the *active* inflammations and *acute* diseases, to which this organ is liable, as they are not within the scope of this work:—

(1.) *Indigestion from mere debility of the stomach.*—This may manifest itself in a mere *muscular* weakness, by which its peristaltic action is impaired. This action we have seen to be very important

in the process of digestion. When it is in any measure suspended, the food, lying motionless in the stomach, is not properly mingled with the gastric juice, and consequently is slowly dissolved ; under these circumstances portions of it may remain a long time undigested—in some cases from one to sixty days—fermenting, becoming sour, greatly irritating the coats of the stomach, and causing pain, eructations of wind, and a dull, heavy, oppressive sensation at the pit of the stomach ; feverishness, thirst, lassitude, prostration of strength, and many other distressing symptoms. Usually, in these cases, the food passés from the stomach more or less undigested and unfitted for nutrition. Then we generally have irritation of the bowels, pain, flatulence, colic, constipation or diarrhœa, and, if long continued, emaciation and general prostration.

Or this debility may show itself in a deficiency of gastric juice or gastric juice of a vicious quality. If this peculiar fluid, the solvent of the food, is not furnished at the proper time in sufficient quantities and of a good quality, then of course mischief ensues. Although the muscular power of the stomach may be unimpaired and the food be thoroughly “churned,” or thrown from side to side, yet it will remain undissolved unless it is brought in contact with the digesting *menstruum*—the gastric juice. In these cases, we have a more active form of dyspepsia, if I may so express it, than in simple loss of muscular power. The pain is more immediate and violent in the stomach, and it is apt to be felt in the chest, in the left side, in the back, between the shoulders, and across the centre of the body. The person will feel too full, and as though the stomach pressed hard up against the lungs and heart. The food is often thrown up, and found to be as sweet as when swallowed. There is also a restless, uneasy, nervous feeling, commencing at the stomach, and extending throughout the system. The face in some will be pale and sunken, in others flushed and red. Sometimes the hands are cold, at others burning with heat. There is often severe headache—in some instances protracted and continuous, in others occurring at stated intervals. The appetite is vitiated—at one time too craving, at another

entirely gone. Not unfrequently there is palpitation of the heart, and a tendency to too great a flow of blood to the head. In many, a dry, hacking cough is noticed sooner or later, with irritation and possibly soreness of the throat, perhaps leading the sufferer to suppose, that he has positive disease of these organs. The liver is nearly always more or less deranged, and, the consequence is torpor and sluggishness of the bowels in some, diarrhœa in others, and sometimes the patient is afflicted with the two diseases, alternating with each other.

In this form of indigestion, more or less pain or uneasiness is usually experienced very soon after eating, and the patient feels most comfortable when the stomach is emptied. In the course of from ten to thirty or forty minutes after food is taken, a sense of heaviness is often felt at the stomach, soon followed by positive pain—sometimes of a dead, aching character, at others it is sharp, hard, and cutting. Often this pain seems to change its place from side to side, as though a hard substance were rubbing against, and wounding, the walls of the stomach. Soon there are eructations of the food, often until a great part of the meal eaten is ejected—sometimes, but not usually, accompanied by nausea and retching. In some cases the food is thrown up entirely unchanged; in others it is exceedingly sour, sharp, and acrid, so that it scalds and almost exoriates the throat.

Usually, in this disease, there is great depression of spirits; not so much, however, as where the liver is involved. The feeling is one rather of lassitude, indifference, and absence of all energy and ambition, than of actual despondency or hypochondria. More or less irritability, fretfulness, and peevishness are felt at this stage.

The two forms of indigestion described, are probably the most common; and we find them in all degrees of obstinacy and violence—from a simple temporary attack, passing off with the unwholesome food, the surfeit, or other occasion of it, to long-continued positive dyspepsia—a condition, from which only the most skilfully adapted treatment can rescue the patient.

The causes of this *debility* of the stomach are exceedingly numerous. The most frequent are *want of exercise and improper diet*. Thus we find persons of sedentary habits more liable to it than those who are engaged in some active business. Indeed, a healthy digestion cannot be maintained without a certain amount of exercise; and if, while exercise is neglected, a quantity of food is taken daily, as great as is usually consumed by the same person when actively employed, the stomach is sure to become debilitated, and dyspepsia will follow sooner or later. There is no escape from it. If the quantity and kind of food were always regulated with reference to the exercise taken, and no more consumed than is sufficient to supply the daily waste of the system, people of sedentary habits might retain tolerable health for a long time. But, most unfortunately, urged by a vitiated appetite, such persons almost universally eat too much, and load the stomach three or four times a day with more food than it can dispose of without daily exercise. Hence the great prevalence of this form of dyspepsia.

Long-continued over-exertion will also induce this debility of the stomach, reducing the general powers of the system, the digestive organs suffering with the rest. So, too, a habit of violent exercise immediately after meals; irregularity in taking food; crude, indigestible food; drinking large quantities of fluid at each meal; a continual use of stimulants, such as alcoholic liquors, strong coffee, much spice, mustard, pepper, &c.; long-continued depression of the mind, great mental anxiety, protracted study, the habitual indulgence of a violent temper—all tend to weaken the power of digestion and induce seated dyspepsia. *Fevers*—bilious, typhus, and other forms—which confine the patient to his bed for a long time, and reduce the strength and vitality of the system, tend to debilitate the stomach, and are thus a fruitful source of dyspepsia. In fact, it may be induced by any cause or influence which breaks down or impairs the vital force of the system.

Children often suffer much from this species of indigestion, where they are allowed, as is too often the case, to eat too much; or of

food that is crude, raw, and indigestible; or of that which is too stimulating and weakening, such as green fruit, uncooked vegetables, candies, sweetmeats, &c. Many suffer terribly from this cause during teething, when the irritation of the gums is communicated more or less to the stomach.

INDIGESTION FROM DERANGEMENT OF THE LIVER.

We not unfrequently meet with persons whose stomachs appear to perform their office very well, and who are yet subjects to distressing indigestion—perhaps seated dyspepsia. In these cases the liver is the organ primarily at fault. The food may be readily and completely dissolved in the stomach; but if, after passing out of the stomach into the duodenum, it is not met by the bile from the liver at the proper time, in proper quantities and of a good quality, it immediately ferments, becomes acrid, and irritates the intestines, so as to cause the most distressing pain and fulness, with a long train of unhappy symptoms. It is through the agency of the bile in part that the chyme from the stomach is converted into chyle, and prepared to be taken up by the lacteals and carried into the blood.

If the bile is withheld, or is vicious, the change from chyme to chyle is not effected. The food, in this half-digested state, passes through the intestines unabsorbed; there is costiveness, flatulence, great pain across the centre of the body, a yellow, bilious complexion, a sinking of the strength, and often emaciation. Sometimes, however, the person loses but little of his usual flesh and strength. There is often more or less pain and heat in the right side. For a short time after eating, the patient usually feels quite well; has no pain in the stomach and no disagreeable sensations—his spirits are buoyant and his strength apparently unimpaired. But at the expiration of some two hours he is awakened to a sense of pain, slight at first, commencing just under the forward ends of the short ribs on the right side. It is a peculiar pain, not exactly

sharp and acute, nor yet dull and heavy, but, as it were, a combination of all, with a terrible sinking, prostrating sensation. It soon extends towards the left side across the centre of the body, until the whole internal viscera seem to be a *mass* of pain. In some cases it becomes almost intolerable, lasting for hours, and perhaps until the next meal is taken. Eating usually stops it, and gives relief until the food eaten has passed out of the stomach, when it again comes on. Alternating between this distress and the intervals of temporary relief, the sufferer often finds his life a burden which he almost desires to throw off. It is this form of dyspepsia that has, more than any other, a depressing effect upon the mind. At times the despondency is terrible, not unfrequently leading to suicide. It makes the sufferer morose, cross, dark, gloomy, and most disagreeable, both to himself and to everybody else. In this state he can see nothing worth living for: wife, children, home, friends, business—all lose their hold on his affections and interest; he is dissatisfied with every thing; all looks dark and gloomy; the difficulties and duties of life seem insurmountable; mole-hills rise into mountains; prosperity is no longer for him; he is “certainly coming to poverty and want;” he is of “no use, and nobody cares any thing for him;” he is “a cipher, and had better be out of the way;” he distrusts Providence, abandons his religious hopes—religion itself “is a fiction,” or, if it is not, he “has and can have no part nor lot in it;” he is testy and quarrelsome; he construes even a pleasant look into an affront, and seems specially commissioned to make himself and all about him as miserable as possible. Indeed, this heavy weight on the spirits is one of the most disagreeable and distressing features of the kind of dyspepsia we are considering.

As will have been inferred, this form of indigestion may exist for a time while the stomach is comparatively healthy. But usually, sooner or later, it suffers from, and becomes involved in the existing disorder. It becomes debilitated and weakened, loses its muscular vigor and its full power to secrete gastric juice; so that, in most instances where the disease is of long standing, there is disorder of

both the liver and the stomach, constituting a formidable and obstinate disease. There will of course be, in such cases, a combination and complication of the symptoms peculiar to each.

The causes of *liver dyspepsia*, are found in any of those influences which tend to impair the functions of the liver:—habitual surfeiting for a time on gross animal food—particularly fats—drinking too much coffee, an unhealthy condition of the skin induced by not keeping it clean and its pores open by bathing, lack of proper exercise, &c. But one of the most fruitful causes is the injudicious use of mercurials—*calomel*, *blue mass*, &c. These, in their direct action, strongly stimulate the liver, but tend to leave it permanently weakened and torpid. There are thousands of persons who, having taken much of this drug in the early part of their lives, find themselves sinking into dyspepsia between the ages of twenty-five and forty, quite unaccountably to themselves, their friends and their physicians. The truth is, their livers have been scorched and weakened by mercury; and as soon as any unusual demand is made upon this organ, it is prostrated. Then follows the long train of disasters I have described; aggravated often by most injudicious and inappropriate treatment—sometimes even a repetition of this very mercurial course!

There is no class of persons entirely exempt from this disease; but those are most apt to suffer from it who, during their early years, have been accustomed to an active life, and, at a later period, exchange this for a sedentary one, or one in which they have less exercise, and pass more of their time within doors. Such persons are apt to carry with them into retirement the same habits of hearty eating and drinking in which they indulged when exercising freely. They have "*good appetites*"—they "eat well," "sleep well," "rest well," "never had a day's sickness;" perhaps it never occurs to them that they can be sick, and they see no reason why they should deny themselves, or curtail their enjoyment to the full of the "bounties of Providence." But they find out the reason in due time, when they are awakened to the terrible reality, that they are confirmed dyspeptics. It is perhaps useless to sound a warning

in the ears of such persons, or urge them to moderate their diet to conform to their altered habits of life. It is difficult to convince the robust and healthy of their danger.

INDIGESTION FROM DERANGEMENT OF THE BOWELS.

Chronic indigestion not unfrequently has its seat in the bowels. As we have seen, an important part of digestion is performed in the intestines. The food, after having been dissolved in the stomach and mingled with the bile and pancreatic juice in the duodenum, is submitted to the action of the lacteal absorbents situated along the entire course of the intestinal canal, by which its alimentary portion is taken up and conveyed into the blood. On the inner surface of the intestines there is also another set of vessels, whose duty it is to secrete and pour into the bowels a peculiar fluid, designed to *lubricate* them, to assist in the easy passage of their contents, and to protect their delicate surfaces from abrasion and injury. Bear in mind, that the contents of the bowels are propelled or pushed along through them by a peculiar vermicular or peristaltic motion of the bowels themselves. Now, if these organs become, from any cause, irritated or inflamed, or relaxed, debilitated and weakened, one or more of their functions is imperfectly performed. The *lacteals* may not absorb the nutriment, and thus it passes on unappropriated; the secreting vessels may not furnish their lubricating fluid, or may pour it out too copiously; the peristaltic motion may be arrested. If there is a departure from health in any of these respects, there is impaired digestion. There will be chronic constipation, with all its train of evils; or chronic diarrhoea, with its still more deplorable results; or pain, flatulence, colic, piles, &c.. This derangement of the bowels seldom occurs alone. The stomach and the liver are usually more or less involved, either primarily or secondarily; and with the symptoms peculiar to derangement of the bowels are generally complicated to a greater or less extent those arising from disorder of other portions of the digestive apparatus.

The unhealthy condition of the bowels I have described may result from any of a variety of causes, among which I may enumerate *humor*, repressed or driven in from the surface (a much more common thing than is generally supposed); a common cold, determining upon them and becoming seated there; the repeated or long-continued use of indigestible, too stimulating, badly-cooked, or otherwise improper food; a too sedentary life, protracted deprivation of active exercise; long-continued and exhausting over-exertion; being much in a cold, damp, impure, or poisonous atmosphere; also, the relaxation of the abdominal muscles, and consequent *falling of the bowels*. Thousands are suffering with dyspepsia from this last cause, who do not imagine the source of their disorder. Indeed, it is difficult to find a case of this complaint unattended by more or less falling of the bowels. The symptoms peculiar to this affection are, a distressing, weak, sinking, all-gone feeling at the pit of the stomach, with sometimes a heavy, dragging sensation about the bowels themselves; and when they are present, the sufferer should at once be made aware that there is falling of the bowels, and be induced to adopt means to support them. He can hardly expect permanent relief without doing so.

INDIGESTION FROM DISEASE ELSEWHERE THAN IN THE DIGESTIVE ORGANS.

The digestive organs are necessarily in close sympathetic relation with all parts of the system; and no portion of it can suffer or be diseased without influencing, more or less, the stomach, liver, bowels, &c. I shall, however, notice only a few more commonly observed diseases, which, by sympathy or otherwise, induce indigestion and dyspepsia.

(1.) *Indigestion induced by disease of the lungs.*—In consumption, asthma, bronchitis, &c., there is frequently distressing indigestion, occurring not as the cause, but the consequence, of pulmonary affection. Dyspepsia does, it is true, often cause lung-disease; but it is

not of this I am now speaking. Disease commencing primarily, and located principally, in the organs of respiration, will induce dyspepsia. When the blood is not fully aerated and vitalized, and the nutrition is imperfectly carried on—when the blood flows sluggishly, and is charged with a superabundance of carbon, thus clogging and impairing all the functions of the body—particularly diminishing the demand for food,—digestion is apt to be partially or almost totally arrested, and all the disagreeable symptoms of dyspepsia may appear. In these circumstances, the most common symptoms are nausea, vomiting of undigested food, flatulence, acidity of the stomach, pain in the stomach and bowels, constipation or diarrhœa, and at times both alternating, headache, a coated tongue, dryness of the mouth and throat, capricious appetite, pain between the shoulder-blades and in the left side, emaciation, &c. These symptoms do not, of course, always occur in lung-disease, there being cases in which the digestion remains apparently unaffected. But they are quite common; and when they do occur, they greatly aggravate and complicate the condition of the sufferer, calling for the most earnest attention and efforts of the physician.

(2.) *Indigestion induced by disease of the heart.*—Indigestion nearly always accompanies derangement of the heart, whether functional or organic, and is often induced by it. In cases where the heart is directly affected by disease, as when rheumatism or humor is transferred to it from other parts of the system, the stomach frequently soon becomes involved; the interrupted circulation, occasioned by the deranged action of the heart, and the consequent diminution of the nervous power in the system, being often particularly experienced in this organ. When indigestion does occur under these circumstances, it is usually felt as a weakness of the stomach, and the symptoms follow which I have before described as incident to this condition. It always aggravates the disorder of the heart, and demands the careful attention both of the patient and physician. Great care must be exercised in regard to diet, and appropriate remedies employed. In this way it may be

palliated, but we can hardly hope to *cure* it, unless the heart be restored to its normal condition.

(3.) *Indigestion induced by uterine disease.*—There is a close sympathy between the uterus and stomach. Disorder of the former, of whatever form, is almost invariably followed by disturbance of the latter; and there are thousands of cases where obstinate indigestion, attended by all the most distressing symptoms of dyspepsia, result from uterine disease, unsuspected perhaps by the patient or even by the physician. In many of these cases it is not even known that any uterine disease exists—it being completely masked, and exhibiting itself only by dyspepsia, palpitation of the heart, headache, rush of blood to the head, pain in the loins, nervousness, &c. I have had many patients who, having been for many years under treatment for dyspepsia, with scarcely any alleviation of a single symptom, were surprised to learn that all their dyspeptic difficulties were referable to a derangement of the female organization. In these cases, whenever the uterine difficulty has been conquered, the dyspepsia has disappeared. While *uterine dyspepsia*, as it may be not improperly termed, is often attended by all the various symptoms I have described—sometimes in combination, and sometimes alternating with each other—one peculiarity by which it is marked, is the *variableness* of the patient's feelings. Her sufferings are scarcely, during any two days, alike. In a week's time she will appear to pass through the whole scale of dyspeptic misery, each change being, however, in her estimation, from bad to worse, and the impression always predominating that she is by all odds the most miserable creature in existence. I need hardly add, that the poor sufferer with this complaint cannot hope for full and permanent relief until the uterine disease is removed; as it readily may be, in nearly all cases. Then the dyspepsia will be found to be cured without much further treatment.

(4.) *Indigestion induced by disease of the spine.*—As the largest proportion of the nerves of the body are sent off from the spinal column, and as the nerves are the media through which is trans-

mitted the power or force by which not only all muscular motion, but all the various functions of the system, and every part of it, are accomplished, it will readily be seen that any disease of the spinal cord will be likely to be felt by the organ or part whose nerves originate at or near the seat of such disease. But it often occurs that more or less irritation exists in the spine or at the roots of the nerves, without sufficient pain or soreness being experienced in the back to warn the patient of its existence; while, at the same time, a serious disturbance is experienced in the organ or organs supplied by nerves from the seat of the irritation. In this way the stomach often suffers, and there is induced the most distressing and obstinate dyspepsia, which refuses to yield to any treatment addressed to the stomach. The irritation of the spine must be subdued before a cure can be hoped for. In all cases where dyspepsia resists every remedy applied to the digestive organs and persistently holds its way, unaffected by any and all modifications of diet, and particularly if there is an irritable condition of the system generally, we should be led to suspect that there is irritation of the spinal cord; and on careful examination, we shall usually discover conclusive indications of the same, by tenderness or soreness under pressure, at some point along the spine. We should commence at the neck and press with some force along down each side of the spine to the small of the back, when we shall probably find at some point a sore or tender spot. If we do, we may be quite sure that the dyspepsia results from spinal irritation. Of course, remedies and treatment must now be addressed to the seat of the disease, to remove the irritation. The back should be rubbed three or four times a day with a gentle counter-irritant, and the rubbing with the hand continued from fifteen to thirty minutes each time. The whole person should be bathed daily in strong salt and water; suitable exercise should be taken every day; the diet should be carefully regulated; and then, by appropriate internal remedies, a cure will usually soon be effected.

(5.) *Indigestion from long-continued over-stimulation of the brain.*

—Distressing dyspepsia is often caused by over-exciting, over-work-

ing, and over-stimulating the brain. Excessive and long-continued grief, care, anxiety, or study, will cause it. The ambitious man of ruined fortune, the victim of disappointed affection, the merchant, the stock-broker, the lawyer, the clergyman, the student, the wife and mother long and heavily pressed by her burden of care or bereavement—all who tax the mind unduly for a length of time without sufficient remission or relaxation—are apt to have a species of nervous dyspepsia. In these cases the stomach appears to fail first, rejecting food, which if forced upon it, it does not digest, and the appetite becomes weak and capricious. The flesh and strength fail, the face is pale and haggard, the eye loses its lustre, the spirits sink, and the sufferer becomes gloomy, morose, and peevish. From this condition there is but one road back to health. The invalid must retrace his steps. He must give his mind relaxation, dismiss his ordinary subjects of thought, engage in some new and pleasant active employment, seek new scenes and see new faces—if possible, leave home, travel, go abroad, and forget himself and his business. His diet must of course be regulated, and such medicinal remedies as his condition calls for, employed. By a proper course and a proper treatment this species of dyspepsia, though sometimes obstinate, may be cured.

(6.) *Indigestion induced by acute diseases, fevers, &c.*—Dyspepsia is very liable to follow severe attacks of acute disease, such as bilious, typhus, or intermittent fevers, yellow fever, or any of the contagious disorders, cholera, cholera morbus, &c., &c. While the inflammatory stage of any of these complaints continues, digestion is usually nearly or quite suspended, and the whole system is rapidly reduced and its vital powers depressed. If the patient survives and returns to health again—strength and flesh are slowly recovered, while the appetite is generally exceedingly craving. There now is danger that he will eat too much, and thus lay the foundation of chronic indigestion, which shall leave its victim a confirmed dyspeptic. Both the physician and the patient should be on their guard against this result. By careful regulation of the diet, well-timed and

judicious exercise, bathing and strict observance of cleanliness, ventilation of the patient's apartments, regular sleep, &c., the whole system should, as it may, be conducted back to its natural vigor, and indigestion avoided.

(7.) *Indigestion from humor or skin-disease determining upon the digestive organs.*—It is not as generally known as it should be, that in very many cases obstinate and distressing dyspepsia is the result of humor. We often find in those subject to humor or skin-disease in some form, that when the external eruption disappears, they become suddenly dyspeptic. The humor has gone in upon the stomach or bowels, or perhaps the liver. We find that as soon as the humor again appears on the surface, they are relieved. Sometimes it becomes permanently located on these organs; when the result is obstinate chronic dyspepsia, which refuses to yield to any of the ordinary means employed for this disease. The symptoms which follow such a recession of skin-disease do not differ from many other forms of dyspepsia. There is, however, usually great thirst, with heat in the stomach, throat, and mouth. The lips and gums are apt to appear of a deeper red than natural, with perhaps canker-spots and sores in the mouth, and along down the œsophagus or gullet. When the humor settles on the bowels, it often causes chronic diarrhœa or obstinate costiveness. Before we can cure this form of disease, we must purify the blood, renovate the system, and eradicate the poison which is the cause of the mischief. Relief may be afforded by bringing the humor to the surface, but it may recede again. It should be entirely eradicated from the system, and the blood should be purified and restored to a healthy condition. Until this is done, we cannot hope permanently to relieve the stomach or rescue the patient from the dyspeptic symptoms under which he suffers.

OBSTRUCTIONS OF THE GALL-DUCTS BY GALL-STONES.

Before closing this chapter on indigestion, I ought to mention a peculiar disease to which the liver is subject, and which often interferes to a very great extent with the function of digestion. I refer to the formation of gall-stones in the gall-bladder, which prevent the discharge of the bile from the liver into the bowels. This is not an uncommon complaint. The symptoms attending it are pain commencing in the right side, coming on frequently in spasms of terrible severity; sometimes cramping, nausea, and vomiting; in nearly all cases constipation, indigestion, headache—often distressing attacks of sick-headache—anxiety, restlessness, faintness, prostration, colic, yellowness of the skin and eyes, &c. In some cases the presence of these stones causes ulceration of the gall-ducts, attended by extensive inflammation, fever, &c. In others the gall-bladder becomes distended to such an extent as to burst and discharge the accumulated bile into the cavity of the peritoneum, when, of course, death ensues. In some instances, from long-continued obstruction, the gall-duct becomes very greatly thickened and hardened, and finally closes up, the passage becoming obliterated. This result occurs, however, only in elderly persons who have for a length of time been troubled with disorder of the liver.

Liver complaints and liver dyspepsia are very apt to make their appearance in all malarial districts, or other localities where fever-and-ague prevails, and particularly where it is the practice to employ a great amount of calomel and quinine in the treatment of these diseases.

This complaint, if properly treated before the powers of life have become greatly impaired and before organic changes have taken place, can be perfectly and permanently cured. In all cases the invalid should seek the assistance of an experienced physician, as soon as the disease is suspected; and preventive remedies should be employed wherever there is a predisposition to it.

When we have reason to suspect the presence of gall-stones in the gall-bladder, one of the most valuable remedies is pure sweet oil, from a wineglassfull to a gill, or even half a pint, to be taken every night, just before going to bed. The use of this remedy, persevered in for a few weeks, will generally cleanse the gall-bladder and duct of these stones. I have, in this manner, seen brought away, in the course of two or three weeks, several ounces of them.

MEDICAL TREATMENT OF INDIGESTION.

From the view we have now taken of dyspepsia, it need hardly be said that there can be no single specific remedy which will be found effectual for its cure in all cases. It is a disease which springs from such a variety of causes, involves so many organs, is subject to so many complications, and presents such various symptoms, that "specifics" and "cure-alls" are simply impossibilities. No two cases will be found to be alike in all respects; and every case must be treated, if treated successfully, with reference to its own peculiar character and symptoms. If the difficulty is in the stomach, we must address our measures to the stomach; if the liver is at fault, and the stomach is only affected sympathetically, then the liver must be restored to vigor and health; and so of the bowels, the pancreas, the spine, and the nervous system, &c., &c. If a humor is the source of the mischief, it must be removed. To designate and describe the various medicinal remedies—their proper mode of preparation and administration, demanded in all the varying states, conditions, and complications of this disease, would require a *volume* on Therapeutics. Even if I were to present the reader with such a volume, which it is not my present purpose to do, very much would still depend upon the skill and judgment of the physician and the good sense of the patient. The true source, character, and location of the disease must be accurately ascertained; and then, from the abundant medicinal resources existing, such agents must be selected and such combinations made as are adapted to meet the case and pro-

duce the desired effect. Scarcely any two cases will be met with which require or admit of the same treatment or remedies. Hence thousands are grievously disappointed that they are not cured by remedies which they are assured have been entirely successful in relieving others. From what I have said, the reason is obvious.

HYGIENIC TREATMENT OF INDIGESTION.

There are some general hygienic rules which are applicable to all dyspeptics. The first, and perhaps the most important, relates to *exercise*. There is absolutely no substitute for exercise, and all classes of dyspeptics will be benefited by it. From the very laws of our being this is demanded. We cannot have health without it. Motion—activity—is an indispensable condition of growth, development, and health in the animal organization. This is a universal law. If we violate it, we *must pay* the penalty. It is true that a man *may* have dyspepsia in spite of daily active exercise. But he is *sure* to have it if exercise is altogether neglected. Let the dyspeptic, therefore, set it down as true beyond a peradventure, that he cannot have health while he sits in his house, his office, his study, or his shop, lazily brooding and mourning over his wretched condition, or meekly acquiescing in the “dispensations of Providence.” Your mourning should take the shape of *repentance* for violating God’s laws, written on every muscle and in every fibre of your body; and you should at once wake up to the fact that the “dispensations of Providence,” in your case, are only stripes due to disobedience.

The circumstances and condition of the dyspeptic will determine in some measure the kind of exercise which will be most beneficial to him. As a general rule, it may be said that when it is engaged in for some object beyond merely “taking exercise” or to “regain health,” it is always best. Walking, riding, running, jumping, practising with “dumb-bells,” or any species of gymnastics, merely for the purpose of health, is therefore not as beneficial as some active,

agreeable employment or amusement, that has an object of its own. Engage in something that will take your mind off from yourself and fix it on an end to be accomplished, whether it be pleasure or profit. I will add that I regard dancing as one of the most healthful recreations, especially for delicate persons, that can be practised.

The mind should be as free as possible from disagreeable care, anxiety, depression, and gloom. Exhausting mental labor and fatigue should be avoided; seek cheerful, pleasant society, and cultivate a cheerful temper.

Always masticate the food thoroughly.—Few persons are sufficiently aware of the very great importance of thoroughly masticating the food. Thousands of cases of dyspepsia originate from bolting the food half chewed. It is a most pernicious habit; and no dyspeptic can hope to get well while he practises it. Take sufficient time to eat and chew every mouthful until it is completely broken down and divided before being swallowed. There are many suffering from dyspepsia who would recover their health by simply observing this rule. Recollect that the first step in the process of digestion, is the dissolving of the food in the stomach; that this is accomplished by the gastric juice, which acts only upon the *surfaces* of those portions with which it is brought in contact. If the food, therefore, is swallowed in large unbroken lumps or masses, it may remain for hours in the stomach undissolved. We all know how much sooner any thing we wish to dissolve in water, or in an acid, is acted on by being crushed or powdered. It is precisely so with the food in the stomach. If you are toothless, or have imperfect, decayed, or tender teeth, go to the dentist and have them supplied or repaired. The teeth are most important adjuvants to the gastric operations. Again I repeat, do not fail in thoroughly masticating your food.

You should always have an abundant supply of fresh pure air.—For this purpose be out of doors as much as possible. Always have your house, and especially your sleeping apartments, well ventilated; never sleep in a confined room or atmosphere. See that your lungs

are well expanded, chest full, and breathing deep and copious. You cannot have health with narrow, contracted lungs. You must have breath enough. If necessary, wear shoulder-braces, and use an inhaling-tube. Do not imagine that these remedies are useful only in lung-disease. They are often of the greatest benefit in dyspepsia.

Keep the skin in good condition.—Bathe daily, using a hair-mitten, or flesh-brush, or crash-towel, vigorously, to stimulate the cutaneous circulation, promote perspiration, and keep the surface free from impurities. Adapt your bath to your condition. Bathe in water as cold as is agreeable, but never of so low a temperature as to cause a chill, or leave you cold after taking the bath.

In a word, the dyspeptic should aim, by obeying all the laws of his being, to secure and maintain, in all respects, the highest possible degree of general health and vigor.

DIET IN DYSPEPSIA.

There is scarcely a subject connected with the treatment of disease about which there is more confusion, doubt, uncertainty, and conflict of opinion and experience, than that relating to the *diet of dyspeptics*; and this is not surprising. As no two cases of dyspepsia can be found that are in all respects alike, and almost all differ essentially and widely, the experience of one dyspeptic can be no guide for any other in the matter of diet. Here, most emphatically, “one man’s meat is often another man’s poison.” Neither can the dyspeptic derive much aid from the experience of those who are healthy, in selecting proper food for himself. He must, in the exercise of good common sense and sound judgment, be guided by *his own* experience. Let him consult that experience, and eat what he finds to *agree with him best, rejecting what disagrees.*

It is true that there are a few *general dietary rules* that are applicable to all dyspeptics, as well as to those in health; and we can mention some articles of food that are usually found to be easily digested, and others that are generally indigestible. I will advert to a few of these rules.

Meals should be taken at regular intervals.—This is important. By the common experience of Christendom, it is pretty well settled that it is most conducive to health to take three meals a day:—the first between seven and nine in the morning, the second between twelve and two in the afternoon, and the third between five and seven in the evening. I am aware that a custom prevails among many of our business men, particularly in cities, to take only two meals a day:—one at eight to nine in the morning, and the other at four to six in the afternoon. They make this afternoon meal the principal one, and very generally a surfeit. This is undoubtedly a pernicious habit—one which makes thousands of dyspeptics. But at whatever hour you take your meals, let them be taken at regular intervals, and not one day at one hour and the next at another.

Never overload the stomach.—This is always bad. There is no exception to the rule, whatever may be the character of the food eaten. However exacting the appetite, or whatever may be the temptation, the dyspeptic should never permit himself to eat too much. As to how much is *enough*, he must of course be the judge. And he *can* judge correctly, if he will, by consulting his good sense and not his appetite. If he deceives himself and transgresses this rule, the penalty will come as sure as fate. Let him remember, too, that by a single imprudence of this kind, he may precipitate himself to the bottom of the hill he has been climbing, for weeks or months, perhaps, in search of health.

Still, do not try to regain health by starving yourself.—It is about as injurious to live on too *low* as on too high a diet. You must have *sufficient* nourishment. Select the food which you find to agree with you best, and then eat enough, even though its digestion may cause you pain.

Do not continue the use of any article of food that injures you.—When you become sensible that what you eat does not agree with you, or is positively injurious, *abandon it entirely* and at once, however palatable, and however much gratification it may have afforded

you. Thousands cling to an injurious article of diet, simply because it is a luxury. Do not be guilty of such folly. It is bad policy to take poison, even though the poison pleases the palate.

Do not eat late or hearty suppers.—The last meal of the day should be eaten not later than from five to seven o'clock in the afternoon, that there may be sufficient time before going to bed for the food to dissolve and pass from the stomach, as digestion goes on very feebly, if at all, during sleep. The supper should be a *light* meal, and heavy solid food should not be eaten in any considerable quantity. Enough should be taken, however, to prevent the person from becoming hungry or faint before bedtime. A moderate, comfortable meal, of light easily-digested food, taken at an early hour in the evening, is the rule. If there are exceptions, they must be governed by good sense applicable to the particular circumstances of each case.

There are some things which may be safely set down as injurious to all dyspeptics; such as hot bread, rich pastry, warm cakes, cakes fried in fat, strong coffee, unripe or wilted or partially decayed fruit or garden vegetables, &c.

CURABILITY OF DYSPEPSIA.

As facts are more satisfactory than promises or theories, I insert a few letters from persons who have been cured of dyspepsia by the treatment herein recommended. As will be seen, some of these persons were afflicted with other diseases, which, of course, complicated their condition, and rendered their cure more difficult. But, if I am not mistaken, these letters will convince the reader that it is not necessary to continue for any great length of time a sufferer from dyspepsia.

CASE XIX.—*Letter from Miss Carrie S. Weeks.*

[MISS CARRIE S. WEEKS, of Wheelock, Vt., applied to me by letter in February, 1857. She had then a cough of some three years'

standing; short oppressed breathing; occasional chills; much pain in her chest, sides, and back, between the shoulders and under the shoulder-blades; raised a large amount of thick, yellow matter; had sore throat; much headache and *bearing-down* distress; sour stomach; any kind of food distressed her; poor appetite; much sinking, all-gone feeling at pit of the stomach; cold feet and hands, &c., &c. After a few months' use of my remedies she writes to me as follows:]

WHEELOCK, CALEDONIA Co., VT., Aug. 22, 1857.

DR. SAMUEL S. FITCH:

Dear Sir—Allow me to express my unbounded gratitude for the great benefit I have derived from the use of your remedies. In the spring of 1855 I was taken sick with very bad lung complaint, dyspepsia, and very bad female weakness, which we thought for a while would prove fatal. After applying to the most eminent physicians of our place, I was in some measure relieved, but continued unable to do any work until the spring of 1856, when the disease grew worse. I was confined to my bed five months, being part of the time unable to move only as I was moved on a sheet. In the fall I gained some strength, and when I applied to you, which was in February, I was able to sit up half of my time. I commenced taking your medicine with faint hopes of a recovery, as many of my friends thought I should not live long, and I thought I had suffered about all that any human being could bear; but after taking your treatment two or three weeks I began to improve; I have kept on taking it until now, and I am able to do considerable work. I have rode about a hundred miles within the last three months, and I continue to improve. I think your treatment has done more for me than any other could do, and think, by the blessing of God and a faithful use of your remedies, I may again be restored to health.

You are at liberty to dispose of this letter as you please.

Allow me to subscribe myself gratefully yours,

CARRIE S. WEEKS.

[P. S. In December, 1857, she wrote to me again, stating that her health was still improving, trusting that ere long it would be entirely restored.]

CASE XX.—*Letter from Mrs. Mary Morse.*

[MRS. MARY MORSE, of Plainfield, Ill., in Nov., 1854, wrote to me, describing her case, and desiring medical assistance. She had a complication of disorders, of the lungs, stomach, &c. A severe attack of typhoid fever, a year before, had broken her constitution, and left her with dyspepsia and diseased lungs. Her food distressed her very much. She had pain in the back, chest, sides, and between the shoulders, with sick-headache at times, costiveness, piles, pain in the bowels, sour stomach, nausea, cold feet and hands, &c. She was subject to an annoying cough, with considerable expectoration, and had raised blood several times. Her flesh and strength were greatly reduced. I regarded her recovery as quite doubtful, but thought it best to put her upon a thorough course of treatment with remedies for her several complaints. The result was a happy one, as appears from the following letter:]

PLAINFIELD, ILL., January 23, 1855.

DR. S. S. FITCH :

Dear Sir—I received your letter yesterday. I would like to see you, and thank you—you who have been the instrument, in the hands of God, of doing so much for me. Since I wrote you last I have had no headache, no pain in any part. My right side is about well. It is seldom I feel any pain or soreness. My bowels are regular, my complexion has improved, my nerves are stronger, my appetite has improved, my food digests well, I can eat almost any thing, my cough is gone and my lungs seem to be well; I sleep as sweetly as a child, and I can work most of the time. I know how to prize this improved health, having been so long an invalid, and almost given up all hope of ever being cured. Accept my warmest gratitude for what you have done for me.

From your friend and patient, MARY MORSE.

CASE XXI.—*Letter from Miss Emily Carpenter.*

[MISS EMILY CARPENTER, of Sheridan, N. Y. This was a very bad case of dyspepsia and heart-disease. When she first wrote to me in April, 1855, she had been for some time confined to her bed; she had severe palpitation of the heart; the left side was almost paralyzed; she could not raise the left arm to her head, and she suffered from a severe heavy pain and numbness in that side and arm. Her appetite was poor; the food remaining too long in the stomach, causing distress, flatulence, acidity, a sinking, faint feeling, prostration, weakness, depression of spirits, &c. With all these symptoms of heart and stomach disease, she had a bad cough, and had raised blood from the lungs several times. She wrote to me in July, 1855, as follows:]

SHERIDAN, CHATAUQUE Co., N. Y., July 11, 1855.

DR. S. S. FITCH:

Dear Sir—It is with great pleasure that I write a few lines to you to let you know of my present state of health. I am happy to inform you that my health is much better than I ever expected it would be. When I wrote to you last April, I was not expected to live from one day to another. But now I am happy to say that I am able to be about the house and go out. In fact, I call myself all but well. I do not have any pain in my side or beneath my shoulders, and no palpitation of the heart. I can use the left arm and side as well as the other. My food digests well, and my appetite is good. My greatest difficulty now is my sore mouth, caused, as you know, by taking so much mercury before applying to you. But I hope my mouth is getting better. What do the doctors give so much of this poison for? My cough is nearly cured, and I have almost my usual flesh and strength. But for you, doctor, I should, I am sure, have been in my grave. I would most heartily recommend your treatment to the afflicted. Accept my sincerest thanks for your kindness to me, and the great benefit I have received.

Your sincere friend, MISS EMILY CARPENTER.

CASE XXII.—*Letter from H. Fry, Esq.*

[MR. HENRY FRY, of Cheshire, Ohio, applied to me in June, 1855, to be treated for *dyspepsia*, from which he had suffered more than two years. The stomach and liver were both at fault. He had habitually much distress in the stomach and chest, after eating; sometimes immediately, at other times an hour or two after, with acidity, nausea, vomiting, and a heavy distressed feeling. He suffered from a chronic constipation, attended with much pain in the bowels, stomach, back, and sides; and was also greatly afflicted at times with palpitation of the heart, accompanied by a numb distressed feeling in the arms and legs. With these symptoms he was troubled with a constant frothy expectoration. He was subject to great depression of spirits, lassitude, and melancholy; with an absence of all energy and resolution. He was very weak, and much emaciated. In the latter part of July he commenced the use of my remedies, and in December wrote me as follows:]

CHESHIRE, GALLIA Co., OHIO, December 3, 1855.

DR. S. S. FITCH:

Dear Sir—I send you a few lines informing you of the state of my health. I have improved wonderfully. My food now digests well, and the pain in my stomach and chest is gone, with the other bad symptoms. I have gained in flesh, since I commenced taking your remedies, twenty-five pounds. I am a well man, which I thought I could never be when I wrote you first. I have followed your prescription in every particular, and it all gives perfect satisfaction. I shall ever feel grateful to you for restoring me to health again. You will please accept my sincere thanks for your kindness. I should have written you before, but I thought I would wait until I could report to you the full result of your treatment.

Yours truly,

HENRY FRY.

CASE XXIII.—*Letter from Miss C. L. Laude.*

[MISS CAROLINE L. LAUDE, of Dubuque, Iowa, had scrofula and hives, which determined on the lungs and digestive organs. I found her in August, 1854, a bad dyspeptic, also with a severe cough, and she had raised blood from the lungs at least a dozen times. A bad humor extended over the mucous membrane of the stomach and bowels, of course deranging digestion, causing sour stomach, raising of the food, with wind, and a sour acrid water, nausea and vomiting, costiveness, bloating, sinking empty feeling, pain in both sides, in the back between the shoulders, under the shoulder-blades, and at the pit of the stomach. She also suffered much from palpitation of the heart.

Miss Laude commenced the use of my remedies in November, 1854, and continued them for some four months. In September, 1855, she wrote to me as follows:]

DUBUQUE, Sept. 1, 1855.

DR. S. S. FITCH :

Dear Sir—It is so long since I have received any letter from you, that I almost think you have forgotten that you have a patient in the West; but I suppose you will be surprised to learn that I consider myself cured. I cannot say that I feel the least pain in my chest, side, or anywhere except my head, where I have a slight pain occasionally. My food digests better now than it has done for several years. My bowels are quite free, and my skin looks as white and clear as ever. Last winter I was very much swelled around the waist, but now the swelling has all gone down, so that I wear all my clothes without the least trouble. Another thing that I would mention is, that I have got in the habit of sitting perfectly straight by the use of the shoulder-braces, so that now I have laid them off. This has improved both my looks and health. I shall ever remain most thankful to you, for I do not believe there is an-

other doctor that could have done me as much good as you have done.

Respectfully yours,

CAROLINE L. LAUDE.

CASE XXIV.—*Letter from Mrs. Hannah H. Rudman.*

[MRS. HANNAH H. RUDMAN, the writer of the following letter, first visited me in October, 1854, when I found her in a prostrated and almost hopeless condition of both body and mind. She belonged to a consumptive family, but the poisonous humor, which had developed consumption in other members of her family, had determined in her case more especially upon the digestive organs. Still, she had bled from the lungs, and had chronic sore throat, which showed a marked consumptive tendency. Her principal symptoms were, a distressed sinking all-gone feeling at the pit of the stomach, oppression and distress after her meals, followed by much acidity of the stomach, with nausea and rising of the undigested food and sour acrid water, coldness of the extremities, oppression in breathing, severe burning pain in the stomach, extending through to the back, between the shoulders, in the left side, and in the bowels at times; costiveness; a loss of strength and flesh; gloom and depression of mind; want of energy and courage, lassitude, &c. In this state she placed herself under my treatment, and soon obtained relief. She was at that time a resident of this city, and called on me the last time in March, 1855, when she had in a great measure recovered her health, but continued for a time to use the remedies I gave. She subsequently removed to Yates county, N. Y., and in July, 1856, wrote to me in behalf of a friend, and in doing so, speaks of herself as follows:]

MILO, YATES Co., N. Y., July 17, 1856.

DR. S. S. FITCH :

Dear Sir—I have so long deferred writing to you, that I fear you will think I am really ungrateful for the kindness I have re-

ceived from you. But do not think so. I feel that it is a great pleasure to say a few words, to assure you that you are still remembered with feelings of gratitude and the highest respect, not only by myself, but my friends, for the great benefit I received, and for the kind attention and generous spirit manifested by you while I was under your treatment; and I would, and do, recommend your mode of treatment, as far superior to any I have ever tried. Where there is any possibility of recovery, I believe you can effect it. How often does my mind revert to the many times when I was so depressed in spirits, and my heart so sad within me, that I should have given up all hope of recovery, had you not, by your kindness and cheering advice buoyed up my drooping spirits! I would say much more, but I cannot express the gratitude I feel towards you for the health I enjoy. May Heaven reward you, is the sincere wish of your friend,

MRS. HANNAH H. RUDMAN.

CASE XXV.—*Letter from Mrs. Mark Stevens.*

A VERY INTERESTING CASE.

[MRS. MARK STEVENS first applied to me, by letter, for medical assistance in April, 1857. She is forty-six years of age, the mother of seven children, and when she wrote to me, had been unable, from weakness, to walk a step or bear her weight on her feet, for about two years. She left her bed only when she was lifted from it to an easy-chair, where she would sit, braced up with pillows, for a few hours each day. Her ill health commenced with the birth of her second child, when she unfortunately arose too soon from her confinement. From the consequences of this imprudence she never wholly recovered. With severe uterine disease, she soon became afflicted with aggravated dyspepsia; pain between the shoulders, in the sides, back, and stomach; obstinate constipation; heat, pain, and a heavy dizzy sensation in the head; sore throat, with hoarseness, tickling and swelling of the tonsils; a sinking all-gone feeling at

the pit of the stomach, alternating with a distressing sense of fullness, sour stomach, a burning in that organ at times, with much flatulence and distress. The lungs were somewhat involved, as was shown by an unhealthy secretion of mucus, causing considerable expectoration, which excited serious fears that she was sinking into consumption, her family being predisposed to that disease. Under this complication of disorders, her flesh had wasted until she weighed only about seventy-five pounds, and her strength was so feeble that, as I have said, she could not bear her weight on her feet.

In May, 1857, she placed herself under my treatment and commenced the use of my remedies. Her recovery was necessarily very slow, so shattered was her constitution and so wasted her powers of life. But by faithfully, carefully, and perseveringly following the directions and using the remedies she received from me, her dyspepsia was conquered, her throat and lungs relieved, the uterine difficulties subdued, her strength and flesh gradually recovered, and her health re-established.

As the history of this case illustrates very well how disease may be treated by letter under my system, and also the true method of managing chronic affections of long standing, as well as the gradual but steady and certain return to health which takes place when my remedies are patiently used for a sufficient length of time, I will give a few extracts from my "Case Book," in which is recorded the substance of Mrs. Stevens' letters written from time to time during the progress of her treatment. The lesson to be learned from this case is, that while seated chronic disease may be cured, it cannot be cured suddenly, but only by a patient, steady, continuous use, for a length of time, of suitable remedies, such as may without injury be thus employed. There are many invalids who become impatient and abandon treatment, declaring it a "humbug," if they do not experience immediate relief. If Mrs. Stevens had taken this course she would have failed to recover her health. For months, as will be seen, there was scarcely any appearance of improvement, and her cure occupied about eighteen months. A more *energetic* course of

treatment, designed to produce mere *immediate* effects, would have soon sent her to her grave.

As I have said, she commenced the use of my remedies May 1st, 1857. On the 26th of the same month, she wrote in substance: "I do not know that I realize any particular change. There is a great weakness and want of action in lower part of the bowels. There is much bloating, especially in the left side; it seems to be wind. Since I commenced taking medicine, kidneys are more active. There is some bearing-down sensation when I sit up. Feel tenderness with burning and smarting in lower part of bowels. Troubled very much with sour stomach. Going into the fresh air causes lightness in the head and dulness of hearing, which pass off in a short time after returning to the house. Numbness in the right leg at times, between the hip and knee," &c.

June 16th, 1857, she wrote again: "I have had at times a hot, broiling sensation in the stomach, for which I have taken the medicine prescribed, and have not suffered so much. Sour stomach somewhat relieved. I have many of my bad feelings, and do not perceive that I have gained much strength; still I am relieved in some respects. To-day I feel some load at the stomach, and expectorate more than usual. I have such days occasionally. I have a pretty good appetite, and rest very well nights. I have no cough, but at times some soreness in the throat."

June 26th, 1857, she writes: "I have used the medicine seven weeks and have not received the benefit I had hoped to. Think I have not gained any flesh; strength much the same. I cannot sit down, rise up, or walk without assistance. Yet I will not say that I think the remedies have done no good. For the past week my head has been much stuffed up, with dull pain in the back part of it, and in the neck, across the shoulders, and at times down the arms. Expectorate a large quantity of mucus, which seems to come from the head and throat. Do not know but I have taken some cold. In other respects much the same as when I last wrote."

August 5th, 1857, she says: "There has not been much change

since I wrote before. If any thing, think I am a little better. I have a little more strength, and can help myself better than I could, but cannot yet rise up or walk without help. I feel stronger through the chest and stomach, but have weakness in the left side of the bowels, near the hips, which seems to prevent much use of the limbs. Walking causes bad feeling. I have sometimes bloating and uneasiness like motion of wind, and occasionally a smarting sensation with heat. I rest very well nights and have a good appetite, but am obliged to be careful in regard to my diet. Sour stomach some at times, but not so much as formerly. Bowels still costive. There is improvement in female troubles. Have some hoarseness. Have considerable discharge of mucus, which seems to come from the head and throat, sometimes apparently from the stomach. I do not have much pain now, most at top of shoulders, down the arms, and in the back of the neck."

September 18th, 1857, she says: "Since I last wrote, I have got along quite comfortably, although there is no essential change in my condition; if any, I think it is for the better. My strength has increased a little, but the improvement is slow."

November 29th, 1857, she writes: "The last time I wrote, I told you that my strength had somewhat improved. About that time, however, from some cause, my strength began to decline, and in a few days I lost as much as I had gained. The bowels are costive, with considerable bloating, and much wind in the stomach. My appetite is good, kidneys sufficiently active, and most so when the bowels are most costive. My head and throat are some better than they were. Still, when I take cold, I have some catarrh in the head, and hoarseness and soreness in the throat. Do not suffer as much from coldness and heat in different parts of the body. The back is very weak, but do not suffer much pain in it."

March 24th, 1858, she writes again: "I have some of that old difficulty in the left side, but it is a little better. Aside from that I feel pretty well, unless I take cold. The side troubles me most. Food sours on the stomach at times, and I have been troubled with

canker sores in the mouth. I would like medicines to remove these complaints and improve my strength."

I replied to each of the above letters, sending her appropriate remedies, and giving her such advice as I thought she required; and during the whole time covered by the letters, she continued the faithful employment of my treatment. From March, 1858, she rapidly improved, until she recovered comfortable health. I will not, however, make any further quotations from her correspondence, as the foregoing extracts are sufficient to show the necessity for patient perseverance in the use of remedies, even though for months no benefit is apparent. The following letter discloses the result in her case:

NORTH FAYETTE, KENNEBEC CO., MAINE, March 8th, 1859.

DR. S. S. FITCH:

My Dear Sir—I am aware that I owe you many apologies for having neglected so long to write; but I assure you that I have had you in remembrance daily, and with feelings of the deepest gratitude. My health has improved very much since I wrote last. Ten months ago I was very feeble, although I had gained very much from where I was when I commenced the use of your remedies, for I could raise myself from a chair, and with a cane in each hand could walk across my room, which I had not been able to do in two years and seven months before. About that time you sent me a new supply of medicines, with advice respecting their use; also kind encouragement to hope for better health. The remedies were used with the greatest confidence (for I fully believed that if any medicine in the world would contribute to the restoration of my health, yours would), and the result was most gratifying. Though I gained slowly, steady improvement was perceptible. In June last, with my cane I could walk comfortably about my house, and some out of doors; after that time I gained very fast, and am now enjoying a comfortable state of health. I have not strength yet to do hard work, but by using my strength moderately at light labor, I

can work most of the time; and I can make visits, and receive and enjoy company—a pleasure to which I have been a stranger for many years. I have a good appetite, good digestion, and take short walks and ride miles without realizing much fatigue. Indeed, I am enjoying better health than I thought I ever would again.

As I believe you (through the blessing of a kind Providence) to be the means of restoring me from an almost helpless condition to a comfortable state of health, you can better judge of my gratitude and respect for you than I can find words to express them.

Please overlook the imperfections you may find in this letter, as it is the first, excepting a few lines, I have written in four years; and accept my most ardent wishes for your peace and happiness.

Believe me, your sincere friend,

MRS. MARK STEVENS.

CASE XXVI.—*Letter from Dr. D. A. Perkins.*

DYSPEPSIA OF TEN YEARS' STANDING.

LITTLE FALLS, March, 28, 1859.

DR. S. S. FITCH:

My Dear Sir—I have for the last ten years been afflicted with Dyspepsia, and have suffered indescribable torment. I have been induced from time to time by the advice of my friends, and in many cases by physicians, to resort to different remedies which were thought to be efficacious, but all to no purpose.

Finally I was induced to try your system of treatment, and it gives me much pleasure and satisfaction to say, that my health is becoming gradually but surely restored, and that I am, comparatively speaking, a cured and well man, to what I was when I commenced taking your remedies.

My disease obstinately refused to be influenced by any previous treatment, but to yours it yielded gently and effectually. I unhesitatingly and with much confidence, recommend your valuable remedies, to all who are similarly afflicted.

Very truly yours,

J. A. PERKINS.

APOPLEXY.

THIS terrible disease, the very mention of which is calculated to strike terror to the hearts of all who are predisposed to it, is of frequent occurrence. It seldom, however, attacks persons under forty years of age, and is not so frequently met with in the laboring classes as among the luxurious, the high livers—gormandizers—who eat rich food and drink much stimulating liquor, exercising their minds and intellects considerably, perhaps, but taking very little active exercise; suffering at the same time, more or less, from slow bowels, debility of the heart, and a redundaney of juices in the body. Those most inclined to it are persons with large heads, short necks, full, large chests, and large hearts. Such persons are rarely affected by dyspepsia; they eat enormously, in many instances, and, confident in their robust health, quite scout the idea of dieting, or practising any self-denial in the gratification of their appetites, or of observing timely hours and regular habits. When they see a dyspeptic person, who is careful in his diet, they will often deride and ridicule him. Frequently, however, these persons are struck down and die suddenly, at a moment unlooked for by themselves and others, their health being regarded as founded on a rock. I have witnessed a great number of such cases; some of them among my personal acquaintances, whose career I have noticed and watched very closely.

There are, however, others who lead a luxurious life, but practice no manner of dissipation, whose habits are in every respect unexceptionable—temperate, yet good livers—but have slow bowels and take very little exercise, who fall in the same way. It would scarce-

ly be desirable for me to describe all such instances of sudden death that I have witnessed. I will content myself, therefore, with mentioning one or two.

Some years ago a wealthy gentleman resided in Broadway, who was noted for having a very full, round figure, portly abdomen, rather small lower extremities, and shortish neck and person. The amount of exercise he daily took was of rather a homœopathic character. Occasionally he would walk down Broadway half a mile or so, and sometimes, perhaps, even extend the distance to Wall-street, a mile and a half; but he usually rode. When he walked, it was with a slow and measured pace, committing no offence against the best rules of propriety in gait or manner. He indulged in no dissipation, and was utterly irreproachable in life and habits. This gentleman one morning, a few minutes after rising from bed, fell to the floor, and in less than half an hour was a corpse! His health might have been called perfect (as far as common observation went), until suddenly struck down in death!

The late Countess of Blessington was another instance of this kind. She had more or less disturbance about her heart, took but little exercise, indulged in good, but not in very high living, had an active intellect, and suffered, at times, considerable mental anxiety from various causes. Her general health appeared to be good. She was subject, however, to a slow condition both of stomach and bowels, and was of a full plethoric habit. She died suddenly, with scarcely any previous alarming symptoms; at any rate, but little effort was made to save her, her physicians pronouncing her disease a fatal attack of apoplexy. She died within a few hours after the attack.

An immediate and thorough evacuation of the bowels, by the aid of energetic cathartic medicine, at the first indications of an attack of apoplexy, will usually avert a fatal catastrophe; and the repetition and continued use of such a medicine will generally act as a perfect palladium and defence against its occurrence.

LATE DINNERS AND SUPPERS.

The practice of eating hearty meals at a late hour in the day, is exceedingly injurious to health. Food eaten in the evening, or even late in the afternoon, remains in the stomach undigested until the next morning. Many persons suppose that if four or five hours' time intervenes between an evening meal and retiring to bed, the meal will be digested and leave the stomach, however late it may be eaten. But this is a mistake. The digestive process is nearly or quite suspended after sun-down. This fact has been demonstrated in a series of experiments recently made by W. BUSCH, a distinguished professor in the University of Bonn, in Prussia, an account of which will be found in Vol. XIV. of Virchow's Archives of Pathological Anatomy. The subject of these experiments was a woman thirty-two years of age, who had been gored by a bull in such a manner as to cause two fistulous openings into the intestines,—one opening into the duodenum, or that portion of the intestines immediately below the stomach, and the other into the small bowels, with a complete separation between the upper and lower portions. This singular condition afforded an opportunity of ascertaining, with great accuracy, the comparative digestibility of different articles of food, and the time in which digestion was completed. A number of most interesting facts were thus disclosed, among which was the one I have alluded to, viz., that after about five o'clock P. M., or the hour corresponding very nearly with the going down of the sun, the process of digestion ceased, and the food then contained in the stomach, there remained undissolved until the following morning.

The importance of this fact can hardly be over-stated. I wish to impress it on the mind of the reader with the utmost emphasis. In view of it, the exceeding folly of eating hearty suppers at late hours, and especially of habitually eating full meat *dinners* at from five to eight o'clock in the afternoon, will at once be seen. These practices prevail to a most lamentable extent in this city, and have made vast

numbers of our mercantile and professional men, as well as multitudes of wealthy, idle, fashionable people, miserable dyspeptics and shattered wrecks, even before they have reached the meridian of life. But broken health and lingering dyspepsia are not the only penalty these practices bring in their train. *Sudden death* is not unfrequently the result—almost daily we are startled by the announcement that some prominent man has been stricken down by “apoplexy,” or “disease of the heart,” or “a paralytic shock,” who in fact is merely a victim of indigestion, or plethora, induced by late dinners or hearty suppers.

A case in point is that of LORENZO B. SHEPARD, Esq., who was one of our most prominent lawyers and leading politicians, who died suddenly in this city in 1856. He was at a political meeting in New Jersey the evening previous to his death, returned to town, entered a restaurant, ate supper at a very late hour, and the next morning was found dead in his bath-room.

I could multiply these cases, but shall conclude by mentioning that of Mr. Robinson, of the firm of Drew, Robinson & Co., Bankers, who resided at the corner of Sixteenth-street and Broadway, opposite Union Square,—a man of noble figure and presence. Having been very active and robust in his younger days, and scarcely less so in more advanced years, he quite ignored all ideas of medicine—probably never bestowed a thought on the subject. He was very wealthy, kept a splendid establishment, lived freely, ate late dinners, &c., but was somewhat dyspeptic. One Saturday, after taking a late dinner at home, he passed the evening with a company of state and city dignitaries, with whom he ate a late and bountiful supper. He returned to his house with an overloaded stomach, slept heavily away the remaining hours of the night, rose the next morning with an oppressed brain and a morbid appetite, which he gratified with a hearty breakfast, just in time to repair to his accustomed place in church. The penalty for this imprudence came swift and terrible. While returning from church, he fell in his carriage, struck down by apoplexy, and in a few hours was a corpse.

We may hear it asked: "Why should the rich man practise self-denial? He has practised it much to *gain* his wealth, and is it possible that he must now continue to deny himself in the *use* of that wealth? Is life to be preserved only by rejecting the pleasures he gained his wealth to purchase? He is able to pay for luxuries; why should he not enjoy them?" We may reply to the self-indulgent questioner: Sir, you have the alternative before you. Conform to the laws that govern your physical life, and escape the fate of the men whose names I have mentioned; or violate them, and run the terrible hazard of encountering that fate. With wealth you may purchase luxuries, but not impunity in transgressing against God's laws, stamped on every organ of your body. Your quarrel is with Him, not with your medical adviser. If you will overload the stomach, eat late suppers, ride in your carriage when you should walk, sit down slothfully in your easy-chair when you should be stirring the blood by active exercise, and if you will reject all aperients and other remedies, which your condition demands, you *must*, sooner or later, suffer for it—and the penalty will very probably come in the form of a *sudden death*.

Let me add that the general practice in this city, of late suppers, and of full meat dinners, after business hours—at five, six, and seven o'clock—has caused more deaths than the cholera and yellow fever.

Still, few can be induced to change their habits in this respect, and the consequence is, their lives are often cut off in a most sudden manner.

BATHS IMMEDIATELY AFTER MEALS.

It is a very dangerous thing to go into a bath, whether hot or cold, immediately after a hearty meal. This occasioned the death of Mrs. Cass, a young lady, the wife of the American Minister at Rome. Going into the water when the stomach is full, is very apt to produce apoplectic symptoms, or even apoplexy itself, as I have witnessed. A person with his stomach filled with fluids only, may, perhaps, safely immerse the body in water; but if gorged with solid

food, he can do so only at the peril of life, especially if he is of a full habit.

SYMPTOMS OF APOPLEXY.

I need not dwell at length on the symptoms of this disease, and will only remark, that in cases of true apoplexy the face will be flushed, the jaws drawn firmly together, the breathing carried on through the nostrils, producing loud snoring; and persons inclined to this disease are apt to snore in their sleep, together with stertorous breathing. There is no show of fainting when attacked with apoplexy; the arms will be more or less convulsively moved, with rigidity about the neck, swelling of the veins, and throbbing of the arteries about the temples. As I have before observed, in disease of the heart the symptoms are different. There is in that complaint often a tendency to fainting, while the chin falls down, the mouth opens, and the tongue protrudes, and, with each inspiration, moves back and forth against the roof of the mouth, making, in some cases, but not always, a clapping sound.

As apoplexy results from imprudent and hurtful habits of life, it may easily be avoided, even by those predisposed to it. To secure one's self against this malady, now so frightfully common and fatal, it is only necessary to *practice correct* habits, to eat and drink no more than the system requires, and to take one's meals at proper hours; to exercise sufficiently; to avoid undue mental labor and excitement; to observe regularity in all one's daily life; and above all, to secure daily and habitually a free condition of the bowels, by the use of judicious aperient medicine, if needed.

P A L S Y .

PALSY or paralysis is a partial or total loss of sensation, or of the power of voluntary motion, one or both, in some part of the body. It may be general, involving the entire body, from the neck down, or it may be confined to one or more limbs, to the arms, to the legs, to one entire half of the whole person—which is common—or to one or more of the muscles in any part of the body. Sometimes one limb only will be affected, beginning at the hip or shoulder-joint. This kind of palsy we occasionally see in children and young persons; and the palsied limbs in such subjects are very apt to wither as life progresses, nutrition ceasing, while the other portions of the system continue to grow.

Lean, thin persons are more frequently the subjects of palsy than of apoplexy. Palsy is apt to occur at an earlier period of life than apoplexy, and is probably more common. Still as a general rule it runs about parallel with that disease, and takes place under similar circumstances. It may arise from injuries to the brain or spine, or to the trunks of nerves at some point, or it may result from pressure on the brain occasioned by an undue determination of the blood to the head or by any other cause. A sluggish digestion and impaired circulation of the blood—from want of exercise—or deranged action of the heart, are apt to produce palsy in some persons. So excesses of various kinds, particularly venereal excesses, often result in palsy.

Persons who use the brain too much and the body too little, are liable to this disease. Intellectual, educated, studious, sedentary men, lawyers of large practice, judges, literary men, merchants—those accustomed to great mental activity and who take little exercise, especi-

ally if "high livers," and troubled with any disturbance of the heart's action, are apt to be subjects of either palsy or apoplexy. I could mention multitudes of such cases. William Gill, Esq., late of Philadelphia, a very successful merchant, long a personal friend and intimate acquaintance of mine, was a case in point. He always boasted of the great regularity of his bowels, a constant and unimpeded appetite, never capricious; he neither ate nor drank extravagantly, but still a full sufficiency. In early life he was a very free liver, but never dissipated with liquor. Latterly he found many articles of food that did not agree with him, but still he lived well and drank a little good wine. He ridiculed the idea of taking medicine, although for some years before his death he had occasional attacks of palpitation and irregularity of the heart, which did not much alarm him,—not sufficiently by any means to induce him to take medicine; and the physicians whom he consulted pointed out little or nothing for his benefit either for the cure or prevention of the disease. He had his regular family physician, and like all such men, successful in his own business affairs, he left all other pursuits to their respective professors. He belonged to that class who give no thought to the matter of their health, that being the business of the doctor, and he being responsible for it; allowing their physician to prescribe such medicines as he chooses, and taking them, whatever they may be, without a murmur or interrogation. *And this is a curse and a bane in a multitude, a vast multitude of cases.* The physician is formally called, and he as formally prescribes some nauseating dose, which is temporarily used until the patient becomes thoroughly disgusted with it, when it is laid aside, not to be resumed again until he again feels sick; then the same physician is again called, and the same routine gone through, the patient never being roused from his ignorance on the subject of health, although he may be possessed of boundless wealth and the highest intelligence upon those subjects to which he has devoted his attention.

My friend Mr. Gill continued on this course until he reached about his 64th year, with one of the finest constitutions that I have

ever known,—an organization which, if properly managed, ought to have carried him on to his ninetieth year at least; but at a time when he was apparently in the highest possible state of health, without a single warning or the least notice, when retiring to his bed at night, he fell to the floor as suddenly as if he had been shot. Medical aid was called, and it was found that the left half of his person was paralyzed, including the upper and lower extremities of the left side, and the left side of the face. I did not see him until some months after this occurrence, when his health had so far recovered that he was able to walk about. I explained to him very carefully the nature of palsy; that the shock conveyed to the nerves was such that they probably would never wholly recover their former vitality; that he could be restored to fair and useful health and his life might be prolonged many years, if he would be content with a less degree of vigor than he had hitherto enjoyed. But he could not possibly be contented with this, and employed a number of physicians. It is often the case that after the mischief is done, the sick will apply themselves to the subject of their health and try almost every variety of treatment, when a moderate degree of intelligence suitably employed in time would have saved them all their suffering and the premature shortening of their days. So my friend, after various efforts, employing many different physicians and remedies, finally concluded to try the water-cure at Lebanon, Pa. This was in the summer of '49, and I have been told that for four weeks he there sat in cold spring-water daily, from one to three hours: this I learned from an eye-witness. Of course all the remaining vitality of the system was soaked and chilled out by this process. A slow dysentery commenced—whether the result of this practice or not is more than I can tell—under which he gradually sank and died in a few weeks. Now, as might have been the case with Mr. Gill, palsied persons may enjoy comfortable health, except that the paralyzed portion of the body will be feebler and colder than the parts not affected. But they must consent to the loss, even in the unaffected parts, of a portion of the

strength and power they once possessed, and accept a lower grade of life, put forth a lesser amount of exertion, and be content with a moderate diet. In some cases the palsied parts will slowly and gradually resume, to a considerable degree, their former vitality and energy, especially in younger persons; but the older the patient, the less the chances are of this taking place.

Among the many cases of palsy that have come under my notice, I will mention only one more—to me, a striking one. .

Mr. G—— W—— is one of the most eminent lawyers of the New York bar, a gentleman of great wealth, exceedingly correct in his course of life, and highly esteemed by all who know him. He has retired mostly from practice in the courts, but does considerable chamber practice. I had occasion, in company with a friend, to call on him about eighteen months ago. The gentleman who introduced me to him had long been his intimate friend, had known his habits, and highly appreciated his character and fame. I had learned from this friend his habits and course of life, and the state of his health, which was perfect. He arose at an early hour in the morning and enjoyed a pleasant breakfast, not being a very hearty eater, but still sufficiently so. He walked or rode down to his office near Wall-street, sat there through the forenoon, from ten to one o'clock, receiving visitors, giving counsel, consulting in difficult cases, exercising his mind frequently for a considerable length of time. About one o'clock he would walk out, call at one of the best eating-houses, and take a moderate lunch, walk about a short time, perhaps go up to the courts, return to his chamber, and there continue until late in the afternoon; then, returning home, he would dine between five and six. He is a man of solid figure, broad-chested, about five feet ten or eleven inches in height, and fully and well proportioned in every respect; has a large head, fine intellectual development, fair length of neck, well-developed chest, and no very great rotundity of abdomen. I remarked to his friend, that it was a pity so valuable a life should not be long preserved; that Mr. W. ought to live to be ninety, and could do so, in all human

probability, without trouble, and almost without effort; but that his present course of life must very soon come to a termination; that he would probably become paralytic or apoplectic. This prophecy was verified in less than eight months; as within that time his friend told me that Mr. W—— had partially lost the use of his arm it having become numb, with impaired muscular power. Yet he still continued at his office. I remarked that the numbness would pass to other parts; that it would not stop at the arm, unless his whole habits were changed, and suitable medicinal remedies were employed. A short time since his friend informed me that Mr. W—— was to a great extent paralyzed in all his left side, and limbs of that side; that he was able to be about and walk a little, get into his carriage and ride, but was unable to go to his office or receive visitors. His family physician says it will require about three months for him to be restored to health. Possibly this is merely to soothe Mrs. W——'s feelings, for the probability is that he will never recover his health or usefulness. He will, undoubtedly, sink down into utter physical imbecility and premature death, although no one, of course, can certainly know that such will be the case.

My friend, after what I had said to him about Mr. W——, urgently advised him to commence the use of the medicines such as he himself employed with great benefit. But Mr. W—— quite scouted the idea; he did not require medicine, &c. My friend is in the enjoyment of most perfect health, while Mr. W. is but the wreck of a once great man.

Such is the example of so many gentlemen in this country, and probably in all countries, that one stands aghast at the fatuity of the human mind. A little study, a little reflection, and a little sound common sense, would teach them at once that the human system must be controlled by laws, a disregard and violation of which will destroy its organization, and of course shorten its duration.

Palsy is generally regarded as quite incurable, but this is a great mistake. It may not only be avoided and prevented, but it may be

cured, even after all power of motion and all sense of feeling are lost in the paralyzed part of the body.

I will give a case of cure of TOTAL PARALYSIS OF THE LOWER EXTREMITIES :

In June, 1858, I was called to Pleasant Run, New Jersey, to see a Mr. Elisha La Rue, a farmer, fifty-three years of age. His situation I found to be as follows: He had been, by illness, confined to his house, and mostly to his bed, for over six months; and for nearly three months his lower limbs, from his hips to his feet, had been totally paralyzed. He had not the slightest power of motion in them, and the sense of feeling was nearly or quite destroyed. During three months, instrumental assistance had been necessary to relieve the bladder, the paralysis extending to that organ. The disease had come on gradually. Nine years before, he had been attacked with pain in the back, which had continued with but little interruption up to the time I saw him, and which six months previously had become intensely severe, finally terminating in paralysis. He suffered from piles, and from distress in the loins, bowels, and the urinary organs. In this terrible state I found him. He commenced at once the use of remedies under my direction, and has continued them faithfully up to the time of the present writing, April, 1859. The result, so far, has been most gratifying. He is now able to walk about the house by the aid of crutches, sensation and power of motion having been perfectly restored, and nearly all pain removed. Little remains of the complaint except weakness of the small of the back; and this is daily improving. He has now used remedies about ten months. By continuing them for a time longer I confidently expect to see his back restored to full strength and complete health.

This case, while it proves that even *total* paralysis is not incurable, also illustrates the efficiency of proper medical remedies, when judiciously and perseveringly employed.

SOFTENING OF THE BRAIN.

SOFTENING of the brain is a disease of rather frequent occurrence, and one which yields to no other in the terror it inspires. I have had an opportunity of witnessing many cases, and have never yet seen one the cause of which I could not readily trace. This cause is a poison in the blood settling on the brain. I recollect the case of a young lady whose father was a physician, and whose friendship I had enjoyed for a number of years. She suffered terribly from asthma, dyspepsia, liver complaint, and from a serious and obstinate skin-disease. When the internal organs were most affected, the external manifestation of the skin-disease was least. She had been a sufferer for many years before she applied to me, but, under my direction and care, she recovered her health in a very great degree, and assured me that during an illness of seven years, she never met any physician who appeared to have a correct idea of her case, or to benefit her in the least. Her brother, a physician, very respectable in his profession, was attacked with softening of the brain, and died an idiot, after an illness of eighteen months. This was all I knew of the history of the case; but knowing as I did the peculiarity of the family with regard to skin-disease, I have not the least doubt that his complaint commenced with a skin-disease, and his intellectual labors, which were severe, together with very irregular hours, exposure, &c., threw the disease on the brain.

Another instance occurs to me: that of a young gentleman, the son of a lady whom I had previously treated successfully for a bad poison in the blood. Her son was brought to me insane; yet in four

weeks was apparently entirely restored to health and sanity. My directions were, that he should engage in no intellectual labor whatever ; but after six months, his recovery being considered complete, his mother wrote to me to say that he was attending school. I was apprehensive of the danger of this course ; but it was persevered in, and at the end of a year and a half I again heard from his friends, who stated that he was a hopeless idiot, from softening of the brain. He might have been, in my opinion, restored to perfect and permanent health, if his brain had not been excited, but allowed to rest, when already oppressed by the poison which existed in the blood, and the use of suitable remedies to neutralize and remove the same had been continued.

In every instance that I have known, impure blood has played some part in the tragedy, while too much exercise of the brain, luxurious living, slow bowels, and vitiated bile, have contributed their quota towards deranging the brain and bringing on softening.

I consider that in the early stages of this malady,—on the appearance of the first symptoms,—it is curable ; and even after the disease has made considerable progress, it still may be arrested and life prolonged. In all cases, it may be prevented.

CONGESTION

OF THE LIVER, STOMACH, BOWELS, KIDNEYS, AND THE UTERINE ORGANS.

THERE are many persons who are subject, more or less, to congestion of some one or other of these organs; and, unless arising from mechanical obstructions, it is always the result of a humor in the blood, which, settling on any one or more of them, causes not only congestion, but predisposes them to be seriously affected by any agent that is calculated to derange their functions and to increase the amount of humor present in them. The first which I shall notice is—

CONGESTION OF THE LIVER.

The liver is the largest single organ of the whole body, if we except the brain. It appropriates to itself an immense amount of blood from which it is its function to eliminate the bile. This bile is a peculiar kind of soap, employed in the process of digestion, in order to change the fatty substances, that they may assimilate with the nutritive elements of the body. Chronic congestion of the liver, with a predisposition to sudden aggravation from any exciting cause, is a very common complaint; and while perfectly manageable, is still capable of rendering the individual more wretched, and depriving him of more enjoyment than almost any other disease. It is an incubus on his mind and a source of derangement to his whole system.

The symptoms of congestion of the liver are a sense of uneasiness and sometimes swelling in the right side, extending forward as far

as the pit of the stomach, and along the lower edge of the right short ribs; pain and tenderness on pressure are felt in this region, which may extend back to the spine, with a sense of bloating in the parts. It is with difficulty that the lungs are filled, thus shortening the breath. At the same time, the sufferer will be low-spirited, with a sense of debility throughout the system, a feeling of weakness in the knees, and more or less aching about the tendons of the legs, especially on lying down at night. Palpitation of the heart may often take place from congestion of the liver and indigestion.

The effect of this congestion is to prevent the proper secretion of bile, and in young persons, who are sometimes bled for it, the physicians will notice, as soon as the blood flows freely, that the whites of the eyes and the whole countenance suddenly become yellow. Usually the face is very sallow, or assumes the color of a tallow candle; the mind appears confused, and the eyesight is occasionally blurred, with spots floating before them. These symptoms are, however, common both to dyspepsia and to congestion of the liver.

When the congestion is very considerable, but little bile will at first be secreted, and the bowels will be very slow, with a sense of bloating and weight about them; often accompanied by extreme acidity of the stomach, and, to a great extent, a suspension of digestion. But as soon as the congestion subsides, the bile is drawn into the stomach in large quantities, or it is thrown off through the bowels, when the congestion frequently passes away with sudden diarrhœa; and in some cases these sudden attacks are repeated until the diarrhœa becomes chronic.

CAUSES OF CONGESTION OF THE LIVER.

A bad cold or checked perspiration will often produce it. Another cause is costiveness, which will be aggravated by the congestion, until the bile is thrown out sufficiently to act on the bowels. There is one peculiarity which distinguishes congestion of the liver from a simple affection of the stomach, and that is, that in the

former whatever food is eaten, whose effect is to congest the liver, no unpleasant symptoms will usually be perceived by the patient for from thirty-six to forty-eight hours, so that when distress begins to be felt he may perhaps have forgotten what he has eaten that could disagree with him, unless, indeed, he is continually eating improperly. Certain articles of food, in some patients, expend their injurious influences on the stomach, and do not congest the liver. Others exert their deleterious influence principally upon the liver, affecting the stomach but slightly. When this is the case, the person is usually injured by eating any kind of smoked meat, either pork or beef, acids, pickles, or vinegar. These may be delicious to the taste, and pleasant to the stomach; but in from one to three days after eating them, the person becomes indisposed, with every symptom of being very bilious, bloating of the bowels, and more or less swelling and uneasiness in the right side. Lemon-juice is often particularly injurious to such invalids; and therefore all the preparations of food in which lemon is used should be avoided by them. In many cases spices are very hurtful; and in nearly all, fermented liquors, cider, sour wines of every description, &c., are deleterious; yet frequently pure rye whiskey, pure brandy, and pure wines free from acidity, may be taken in small quantities, without injury. Many of these persons cannot drink tea, coffee, or chocolate, which may be very pleasant to the taste, and they may continue their use for a short time without being sensible of any hurtful effects, flattering themselves, perhaps, that they do not in fact hurt them; but in the course of a few days, they usually find themselves indisposed, with unmistakable indications of the liver becoming congested.

A very frequent cause of congestion of the liver is the eating of more food than the system really needs; especially while occupying warm and badly-ventilated apartments, at the same time not taking sufficient exercise. Bilious persons should strictly avoid such habits of life.

But by far the most common cause of congestion of this organ is

malaria, which is a peculiar poison arising from the decomposition of vegetable matter. It prevails wherever there is luxuriant vegetable growth, and especially in hot, moist climates. This poison is the cause of many forms of fever, its effects being most frequently seen in fever-and-ague. In all districts where malaria abounds, fevers prevail, and great numbers of people are in the condition which is termed *bilious*—having sallow complexion, thin flesh, feeble strength, constipation, jaundice, and other symptoms that the liver is disordered; and the most common form of such disorder is congestion. The malarial poison seems to have a specific action upon the liver. But this action may be counteracted by appropriate remedies, and nearly as good health secured in malarial regions, as in those free from this poison. Hemorrhage of the liver sometimes results from congestion.

CONGESTION OF THE STOMACH.

The stomach is liable to congestion from a variety of causes. It may result from a mechanical injury—as a blow over the pit of the stomach, swallowing a substance which abrades, wounds, or greatly irritates its internal surface, &c. Most usually it is caused by congestion or inflammation in some other part, as the liver, bowels, or pancreas. It may be produced by a cold which settles on the stomach, or by drinking large quantities of cold water when the person is greatly heated. This disease is attended by many of the ordinary symptoms of dyspepsia. There is usually a poor appetite, though in some cases the appetite is excessively craving. The patient is troubled with flatulence, sour stomach, a feeling of great fulness, with tenderness and soreness at the pit of the stomach, frequently nausea, and vomiting, and more or less disturbed action of the heart. In some cases, where the congestion is excessive, bleeding from the stomach will take place, causing the patient great alarm. Sometimes the blood is vomited in large quantities, perhaps dark colored and clotted, perhaps broken up and resembling coffee-grounds; at others it comes away in a fresh state without any effort on the part of

the patient, by a passive regurgitation. This bleeding should not occasion much alarm. It indicates, to be sure, a bad condition of the stomach—one which should be promptly met by proper measures for its relief; but it is not itself immediately dangerous. There are very few cases of congestion of the stomach which will not yield to judicious treatment.

CONGESTION OF THE KIDNEYS.

Congestion of the kidneys is of very frequent occurrence—many people being rendered miserable by it. The symptoms are stiffness and weakness in the small of the back, sometimes extending to one or both lower limbs; the water is generally scanty and irritating, with a frequent desire to pass it, and an inability to pass much at a time. But in some cases the water will be at times unusually abundant and clear—the scanty and abundant flow alternating, perhaps, once in from two to three or four days. While the water is scanty and irritating, it is also apt to be high-colored and thick, depositing a red or white sediment at the bottom of the dish; but when the congestion passes away, and the urine flows freely, it becomes perfectly clear—like spring-water. I have no doubt that congestion of the liver, Bright's disease, kidney affections, and the disease termed *diabetes*, in all their varieties, are nearly always the result of humors or poisons in the blood, settling on the liver and kidneys, aggravated perhaps in many instances by frequent colds. I have witnessed a great number of such cases, and have rarely ever failed in tracing them directly to those causes, or to mechanical injuries.

Congestion of the kidneys is often produced by congestion of the liver, and by irritating bile being absorbed into the circulation and carried through the kidneys. Costiveness will sometimes produce it; also cold settling on the loins, straining of the back, or some other mechanical injury to the loins and spine. All these complaints are perfectly curable, as a general thing, unless they have been so long

continued that the kidneys have become disorganized, which is sometimes the case.

Affections of the kidneys are remarkable for the effect they produce upon the skin, which becomes, in persons inclined to these diseases, exceedingly rough. On passing the hand over the surface, the feeling is like that of passing it over a grater. The scurf-skin becomes so dry as to appear broken up over the entire surface into very little squares or angles. In acute inflammation of the kidneys, the skin is often exceedingly hot.

CONGESTION OF THE BOWELS.

Congestion of the bowels may often be produced by congestion of the liver, which prevents the return of the blood through the portal circulation and mesenteric veins. Costiveness is one great cause of congestion of the bowels. Sometimes profuse hemorrhages take place from the bowels in consequence of this congestion. Piles almost invariably originate from congestion of the bowels, produced by costiveness, falling of the bowels, and by congestion of the liver.

CONGESTION OF THE UTERUS.

Congestion of the uterus or its appendages is exceedingly common, and is most frequently caused by a humor which becomes seated on those organs. Having had extensive experience in this class of diseases, I am enabled to speak of them confidently as curable. Their bad effects can be ameliorated and obviated, so that persons disposed to them may be relieved and enabled to enjoy excellent health. But, inasmuch as they are generally of a chronic character, often of long duration before application for aid is made, the remedies must be of such a nature, that they can be used for considerable length of time without injury and without losing their effect; and they require to be faithfully and perseveringly employed until all traces of disease have been removed—whether it be for one month or one year, or longer. Let me add, that in ninety-nine cases out of a hundred, such a course of treatment will result in a complete cure.

MANNER OF PRESERVING LIFE AND HEALTH,

TO ADVANCED AGE.

HAVING glanced at the diseases of the heart, digestive organs, stomach, liver, spleen, bowels, kidneys, &c., &c., and pointed out their mischievous influences, I will now speak of the manner of preserving health and life after the age of forty, for it is after that age that most of the above complaints are developed. Sometimes there is an hereditary tendency to disease, which may be developed in early life; but where the original constitution is healthy, heart-disease, and the other maladies heretofore mentioned, more frequently appear after middle life than before it. And yet where there is a sound constitution at forty, with care, life and health may be easily preserved from forty to sixty years longer. All the causes to which I have previously referred as producing diseases should be, after this period, most carefully avoided.

CAUSES OF OLD AGE.

The causes of the decline of human strength, and the advance of old age, seem very simple, when properly understood. It is known to physiologists that in early life, a very rapid decay and removal of the atoms composing each organ of the system takes place; so much so, that some assert that the whole structure of the body, in all its parts, is entirely removed every seven years, and supplied by new matter. This, probably, is the case in the early and vigorous periods of life; but after forty, these changes become slower, the decay of atoms being quite as active, while their removal and the

supply of new matter is slower; this process of reparation becoming slower and slower with each succeeding year. Therefore, the great point, in preventing the advance of old age and the decay of the system, is to assist nature in the removal of the effete and decayed matter existing in the various organs. To this end, the large outlets of the system should be assisted to a natural, judicious, and uniform activity. The skin, which is a vast emunctory, allowing great quantities of matter to escape from the system, should be kept, as far as possible, pure, vigorous, and active, by bathing, friction, &c. If the person is in high health, cold bathing may be practised. In lower states of health, or in more advanced age, the water may be tepid, so that, in the coldest weather, it shall not be colder than the temperature of ordinary river-water in the summer season. The habitual use of the hot bath I have found to weaken and enervate the system very greatly. It should therefore be avoided except on special occasions; and where it is employed, great care is requisite afterwards, especially in this climate, or the persons using it are apt to take cold. But tepid bathing, and active friction, employed daily, with the occasional free use of soap and water, thus securing perfect cleanliness, are of great benefit.

The diet should always be consistent with the demands of the system and with its power of digestion. Above every thing else, the great emunctory, the bowels, should be kept in an active state; and in most persons, after forty or fifty years of age, a free use of remedies calculated to promote the action of the bowels, both in fluid and solid form, should be adopted. Too much cannot be said in favor of aperient medicines, and I might almost say that too much of them cannot be used.

A lady called on me recently, who, with other members of her family, has been my patient at different times for twelve years—the circle of relatives numbering many families, yet all more or less suffering with humor in the blood, as shown by many varieties of skin-disease, with which they are afflicted. The lady's mother is now ninety years of age, a large woman, inclined to be very

fleshy; yet she enjoys excellent health, and can eat all varieties of food. For nearly forty years she has been subject to severe weekly attacks of diarrhœa, by which the stomach, liver, and bowels are all completely evacuated, leaving no unpleasant result. What thus occurs from accident or peculiarity of constitution, may be perfectly and safely imitated by art, and without producing any sickness.

I feel certain, from a long course of observation, that thousands of valuable lives are sacrificed to the egotistical and affected declaration—"I take no medicine." Occasionally an old man will be met with who, owing to a beautiful harmony of constitution and action, in all the organs, has passed on to eighty or ninety years, and sometimes to one hundred or even beyond, with but little, if any, employment of medicine during his life. But I am satisfied that for every such example that can be cited, there are thousands of persons whose lives are prematurely cut off for the want of judicious medical treatment. There are few who have organizations so nicely balanced that no aid from medicinal agents is required to preserve the same in a state of complete health. Those who have should be thankful for their good fortune; but they should not set themselves up as infallible models for those less favored by nature. There are great numbers who from natural imperfection of organization, absolutely require medicine, which should, of course, be such as is adapted to their conditions. By the judicious use of proper remedies they may usually secure as good health and as many years of life as those enjoy upon whom nature has bestowed healthy, vigorous, and harmoniously adjusted organizations.

Pure air, active exercise out of doors, pleasant society, agreeable amusements, all contribute most essentially to the health and well-being of every one, and under no circumstances should they ever be neglected. Cheerfulness of mind should be cultivated most assiduously, as gloom and despondency check all the active energies of life and deprive the system of much of its healthy vigor. Horse-back exercise, carriage-riding, walking, manual labor of any kind pursued in moderation, are eminently conducive to health. Exercise,

whether by walking, riding, journeying, or whatever it may be, always confers the most benefit when it is engaged in under the stimulus of some motive other than a feeling of necessity for improving health. There should be an object that pleasantly engages the mind, and takes off the thoughts from one's self. Travelling for health alone often becomes wearisome and disagreeable and is of little benefit, when, if undertaken in the pursuit of information or gain, to execute a mission, or visit friends, the health might be thereby greatly improved. Hunting, shooting, fishing, field-sports of every description, are delightful as recreation; and by way of relaxation from duties and tasks of a more serious nature, they are certainly worthy of being practised, and fully justify their being recommended by medical advisers. Relaxation from business, visits to friends, change of air even for a few days, cheerful society, are all priceless in the physical benefits they confer on persons of all ages.

I need not say to the reader that examples of longevity are very numerous. They are found, usually, among those who have pursued the course of life I have indicated, or who have been endowed with fine healthy organizations and good constitutions; or else they are connected in some way with circumstances that have produced the results to which I have invited the attention of the readers of this work. In the United States there are, at this time, a large number of persons over one hundred years of age; so there are in Great Britain, in every country in Europe, and in all nations. Instances of longevity are found even among savage tribes, although more rarely than in civilized countries. The barbarous races are by far the shortest lived as a general rule; it being a fact that the higher the civilization, the purer the morality, and the holier the lives of a people, the longer will be the continuance of their mortal existence.

Of course it is impossible, in any treatise on health whatever, to enter so far into all minute particulars as to make it a complete guide to every individual; for there are peculiarities in the constitution of every man and woman living. No two faces are exactly alike; so constitutions differ, there always being more or less diver-

sity in some particulars. There is as much thrift in health as in wealth; and this must in a great measure be referred to the well-regulated judgment of every individual, as regards eating and drinking, the hours of sleep, the amount, kind, and time of labor or exercise, and the extent of fatigue to which each individual may safely go. All these circumstances must depend very much on the individual experience and constitution of the person. One person, for example, may absolutely require the use of wine and alcoholic drinks, particularly in advanced life, and may be greatly benefited by them; while an opposite constitution, especially in the earlier periods of life, may be greatly injured by their use. As life advances, the systems of many persons become very cold; the stimulating qualities of the blood run low, and in these cases the judicious employment of stimulants, either alcoholic, fermented, or vinous, spices, &c., may be useful. So of tobacco. To some persons it may be decidedly injurious, while others may suffer no ill effects from it, but apparently be benefited by its use. But excesses of every kind must be avoided, as they tend to injure the health and shorten life.

All the evil passions—grief, gloom, asceticism, suspicion, jealousy, hatred—must necessarily, if indulged to any extent, shorten life. Cheerfulness, a habit of looking at the bright side of affairs, never laying sorrow or misfortunes to heart, and a deep and abiding confidence in the presence of an overseeing Providence, who *will* protect and *will* provide for those who put their trust in him;—all these should be cultivated, and all proper means for the preservation of health should be used. They will carry man to old age, and bear him up against every storm and misfortune which may be visited upon him.

DOES NATURE CURE DISEASE?

It has passed into a common aphorism, both among physicians and others, that "Nature cures all diseases." But this is a statement as false in philosophy as it is pernicious in its influence on medical practice. A moment's consideration will show it to be so.

WHAT IS NATURE?

We will inquire first, *What is* that which in this connection is called *nature*? I answer, it can be nothing more nor less than the *vital force* of the animal system, acting in and through the several organs and parts of the body. This action in any organ we call the *function* of that organ; and the aggregate action of all the organs we call *animal life*. When these functions are all performed completely and without obstruction or disturbance, we have a state of health. Let us bear in mind, then, as we proceed, that nature—this "great physician," which is said to cure all disease—is simply the living principle of the animal system.

WHAT IS DISEASE?

Second, let us ask, What is disease? I reply, disease is a change in some one or more of the organs of the body, in which there occurs a suspension, an interruption, or an undue activity of its function. It is a triumph of some disturbing agent or influence over the very vital force of which we have spoken? "Nature," then, must be conquered before disease can take place at all. She opposes, it is true, a certain power of resistance to these agents and influences, whenever she is assailed. If she resists successfully, no disease occurs. If disease in any case is present, it is because

nature, after resisting to the utmost, has at length sunk down exhausted and overcome; and how is she, thus prostrated, to rout the enemy to which, while in her full vigor, she has succumbed?

CAUSES OF DISEASE.

I have said that disease is a disturbance of the vital force of the system. But this force never takes on any eccentricities, or erratic departures from harmonious healthy action. It never is self-disturbed. Health is the universal and uniform rule, unless some specific thing interferes to disturb the orderly functions of the various organs. These disturbing agents, whatever they may be, are properly called *causes of disease*. Every disease, then, has its *specific cause*.

The causes of disease may be divided into two great classes:

First, MECHANICAL INJURIES, such as wounds, bruises, fractures, dislocations, the lodging of foreign substances in the body, or their deposition on some organ or part by diseased action in that part or elsewhere,—for example, ossification of any of the soft parts, calcareous deposits about the joints or in the lungs, stone in the bladder, gall-stones in the gall-bladder, tubercles in the lungs, tape-worms or other parasitic animals in the stomach, intestines, or elsewhere; tumors, irregular growths, &c.—these being at the same time both the *result* of preceding diseased action somewhere, and themselves the cause of subsequent disease. In this class are embraced all injuries inflicted by mechanical means.

Second, POISONS. And by poison I mean any agent or substance which, not being capable of being assimilated with, or organized into, any of the tissues or parts of the body, when introduced into the system, tends, by a *chemical or vital action*, to suspend, impair, or otherwise derange the function of the organ or organs with which it is brought in contact, and on which its action takes place.

Under this definition of poison is embraced a great number of

agents from which the human body is liable to become diseased. They may be divided into two great classes :

First, Poisons which are introduced into the system from some source external to it. We are surrounded by such poisons, and are probably to a greater or less extent constantly subjected to the influence of some one or more of them. Many of these hurtful agents are exceedingly subtle, and we know nothing of them except by their effects on the body. Others, more gross and tangible, are capable of being analyzed, their elements distinguished, and their sources ascertained.

In the class of poisons we are considering may be enumerated those which produce all the prevailing fevers—scarlet, bilious, intermittent, remittent, typhus, yellow, and other fevers ; measles, small-pox, mumps, hooping-cough, influenza, with all other infectious, contagious, and epidemic diseases ; also, all those engendered by malaria, bad air, want of cleanliness in the person, poisonous or otherwise hurtful substances taken into the stomach or introduced into the blood, &c.

Second, Poisons which originate within the body. In this class are embraced all those that are developed by imperfect, vitiated, or deficient nutriment ; by suppressed perspiration—the waste matter, a most noxious poison, which should pass off through the skin, being, when perspiration is checked, thrown back into the circulation and made to seek an outlet through some other organ, generally falling on the weakest, producing “colds,” coughs, catarrh, sore throat, consumption, rheumatism, fever, &c., and often doing fatal mischief—also, such as show themselves in liver, heart, kidney, bladder, and bowel complaints ; in some forms of dyspepsia ; nearly the whole family of skin-diseases, such as salt-rheum, thrush, tetter, herpes, scald-head, erysipelas, canker in the mouth or throat, cancer, tumors, fever-sores, rickets, scrofula, abscesses, carbuncles, boils, many cases of inflammation, rheumatism, gout, neuralgia, heart-disease, bronchitis, asthma, and many cases of female complaints, &c.

There are some diseases which cannot properly be said to come

under either of the before-mentioned classes, such as those which arise from an excess or a deficiency of food, exhausting and long-continued labor of the body or mind, or excessive mental emotions, &c.

WHAT NATURE CAN DO IN THE CURE OF DISEASE.

We have now seen what disease is, what produces disease, and what is meant by *nature*, as the word is used in this connection. We next inquire what it is that nature can really do towards curing disease. Can nature set a broken bone? Of course not. Can she remove a parasite—a tape-worm, for example—from the stomach or bowels? No. Can she stay the corrosive effect of arsenic on the stomach, or the narcotic influence of opium on the brain? No. Neither can she avert the mischievous consequences of taking the virus of small-pox, or the specific poison of measles, hooping-cough, mumps, scarlet-fever, influenza, or any of the infectious diseases, into the body; for they run their course, as we well know, in spite of all the resisting power of the system. Can she successfully antagonize the poison of malaria, that subtle agent which produces a great family of fevers? No, she cannot. And so I might ask with reference to every disease to which the human system is liable, and give the same answer. But set a broken bone and keep the sundered parts together, and nature will unite them. Eject the arsenic from the stomach, and nature will restore the corroded tissues (if not too greatly disorganized) to soundness. Give time for the infectious or malarial poisons to run their course and exhaust themselves, and then, if the recuperative forces have not been too greatly prostrated, nature will repair the ravages which these poisons have caused.

Thus we see that all that nature can do *is to repair the damages done to the system, after the causes of disease are removed*. She cannot remove these causes, and in this sense she does not *cure* disease; nor can she successfully resist their influence, or if she does in any case do so, then in that case no disease occurs.

If nature does not cure disease, it may be asked why do some diseases get well without remedies, as it is well known that in nearly all the complaints I have named, cases occur in which the persons recover and are restored to health without any aid from remedies. I answer, the poisons which are received into the body from without, or generated within it, may be said to take root in the system, as a plant takes root in the ground. They grow, mature, decline, and die, living a life or running a course of longer or shorter duration, in accordance with their inherent properties. For example, small-pox and measles have a duration of some eight days, hooping-cough from two to four months, mumps about a week, &c.

All this class of diseases have a definite duration. There are others that follow no fixed rule, but continue for a longer or shorter time, probably governed by the amount and virulence of the exciting cause. They continue as long as the supply of the poison to the system is continued, or until life is destroyed. Each of this class of diseases is fed by its own appropriate poison, and so long as this poison is supplied the disease will continue. Cut off the supply, and as soon as that which exists in the system is exhausted, disease ceases. Now if, in any case, the cause of disease ceases to act before life is destroyed, nature steps in, and, if not too much prostrated by the struggle to maintain life against the destructive action of such cause, repairs the injuries inflicted and restores the patient to health.

The conclusion, then, must be, that nature cures no disease in the sense of removing its cause; she only repairs the damages occasioned by such cause.

If in any case the poison acting to produce disease is of a limited amount, it may exhaust itself and pass off through the different emunctories; and nature may repair the mischief that has taken place. If, however, the poison is perpetually supplied, or is of very great amount or virulence, unless arrested and expelled by remedies, it continues its action until the patient dies.

REMEDIES CURE DISEASE.

THE OFFICE OF THE PHYSICIAN.

In nearly all cases the duration of the life of a poison or other cause of disease may be shortened, and its removal from the system greatly aided, by judicious medical remedies. The office of the physician is to prescribe these remedies. By their skilful administration he may both remove the causes and fortify the vital forces so that nature may heal or repair the injuries received from their action.

The remedies which the true physician will employ are—

FIRST. *Mechanical*—those designed to aid in restoring to order, as far as possible, all mechanical irregularities; to remove all mechanical causes of disease, including parasitic animals, and to support to the utmost extent all weakened parts.

SECOND. To supply such *antidotes* as shall neutralize or remove, as far as possible, all poisons from the system.

THIRD. Remedies adapted to remove all obstructions from the emunctories or outlets of the body—the skin, bowels, kidneys, lungs, &c.

FOURTH. Remedies adapted to correct all redundancies in the system, so that no part shall be oppressed by too much blood, or suffer from having too little. In other words, to equalize the supply and circulation of the blood.

FIFTH. Pure air, proper food and drink, necessary exercise, &c. With all these the physician will enforce upon his patient the necessity of abandoning every hurtful habit or occupation, and conforming himself in all respects to the rules of *correct living*.

WHO ARE MOST APT TO DIE OF DISEASE?

Those who do nothing for themselves when sick—who employ no remedies, or improper and inefficient ones—and who thus allow disease, whenever it occurs, to run its course unchecked.

MOTIVES FOR LIFE.

It is indispensable to a long continuance of existence that we keep up our energies, never retiring or wholly relaxing from business, or the calls of duty, at any period of life in which we have strength to perform them. At forty—certainly at fifty—years of age, the habits and occupations of every man should be perfectly and thoroughly established, and these he should continue in accordance with his strength, during the remainder of his life; he may relax from them occasionally, but he should always have some duty to which he can apply himself, and for the performance of which he is constantly pledged. His time then passes rapidly and pleasantly; he is not at a loss what to do with himself, and his hours do not hang heavily on him. He should also cultivate earnestly *motives* for living. The highest and greatest motives for life are the perfecting of ourselves in all the virtues, the fostering of virtue in others, and the benefiting of our fellow-men to the extent of our power. If we have no children of our own, we should adopt children or friends, and seek out those who require our aid, and extend it as far as our means will permit. The first claims upon us are at home; but if there are none at home who require our aid, then we should look abroad for objects on which to confer benefits. Thus we should have a motive for living. The celebrated Girard was earnestly and actively engaged in his labors up to his eighty-first year, never relaxing for a moment; continuing to attend at his bank, and earnestly devoting himself to his business, even after he had become nearly blind. Then, as it were, he extended his life into succeeding times,

by his great legacy to the city of Philadelphia, for the noblest of purposes. High and worthy motives inspired him at eighty, with the vigor of forty. I know a gentleman at this time, who was bred a physician, but who suddenly becoming the possessor of an affluent estate, by what was considered a fortunate marriage, lost all motive whatever to pursue his profession, and found himself without a purpose in life. To pass his time he went to Europe, where he spent many years with his wife and children. He told me he had visited every capital in Europe, both north and south, yet without any special purpose. Very soon every thing to him became totally *blasé*—nothing new, nothing interesting anywhere. He sought no objects on which he could bestow his time or attention. His children grew up and left him, and one by one the objects that once engaged his thoughts pleasantly, were lost to him; he was restless and miserable. His constitution was strong—his parents being long-lived—and he had never experienced any illness of consequence. But now at the age of only sixty-one, the last time I saw him, which was a few months ago, he appeared like a venerable *old man*, his beard was white as snow, his hair nearly so, and the lineaments of age cut deeply in his cheeks, feeble in his strength—believing that walking or any other exercise would be injurious to him, all day rocking back and forth in his easy chair, his mind filled only with the thought that he was an *old man*, and that nothing remained for him but the grave. He has long outlived all motive to live. With a constitution that might, with proper mental stimulus, have lasted, vigorous and hearty, twenty years more, he has declined, with apparently no disease, into premature decrepitude, and will soon lay down a life that has long been a burden. His brother, a gentleman two years younger, who has devoted himself mostly to the care of his brother's estates, and has led an active life, is in the enjoyment of excellent health, full of energy and activity, and capable of doing as good a day's work as he has ever performed. The contrast between the two, as I looked on both, was certainly as striking as any thing that I have ever seen.

Leisure is very well if it is not carried to indolence. But no person who is habitually indolent can, as a general rule, hope to see any great length of days. Indolence is the very rust of the soul and body, and should be most carefully avoided and contended against, in order to escape, if possible, from all its demoralizing influences.

As I walk the streets of this city, I see great numbers of gentlemen and ladies, from forty to sixty years of age, in the enjoyment of the finest health, intelligent, educated, successful in the pursuits of life, easy in their circumstances, affluent in their possessions, and exercising good sense on every subject except that of preserving health; but on that subject many of them would be found as egotistical and pragmatic as if they had been medical philosophers for a thousand years. Sudden death is their usual lot. The same thing is true of thousands in all cities and places, in this country and Europe, but especially true of multitudes in this country. You might as well attempt to impress a paving-stone as many of this class. Their habits are so fixed, and their conservatism so complete, that innovation to them is heresy of the most repulsive character, particularly when it points to their own course of life, or the preservation of their health. If these persons were acquainted with the laws and capabilities of their constitutions, and knew how ready and simple are the means for securing health, which they can employ without suffering or inconvenience and with but little or no real self-denial, I am confident they would lay aside their prejudices, their indifference, and their dogmatism, change in some measure their habits, and employ the measures necessary to secure long life.

A portion of the education of every man and woman should be a well-regulated course of instruction on the laws of life, the means of preserving their health and usefulness. They should be taught that health ought to be preserved *every day*; and that sickness or indisposition should not be allowed to exist for one hour without proper remedies being used for its removal, and means being employed to prevent its recurrence.

CONSULTATION AND TREATMENT.

OFFICE OF DR. SAMUEL S. FITCH, }
714 Broadway, New York. }

I always prefer to have the opportunity of a personal examination of patients, whenever it is practicable, and for this purpose desire that they should visit me at my office when they can conveniently do so.

But a personal examination is not indispensable. A statement of the symptoms and condition of the patient, with a full history of his disease, will enable me to prescribe and apply my treatment successfully without seeing the patient.

My remedies can be sent, with full directions and instructions, to any part of the country by express or otherwise. Then, by hearing frequently from the patient, I can by letter conduct the treatment.

The invalid who wishes to consult me is requested to answer all the following questions that in any way relate to his case, and state any other circumstance or facts necessary to a full understanding of the case.

QUESTIONS TO INVALIDS.

Give name, age, residence, occupation? family consumptive, or what complaints subject to? where born and brought up? married or single? strong or delicate? lean or fleshy? tall or short? straight or stooping, or deformed? height and size around the waist, two inches above the hips? color of hair? complexion? have you any humor, scrofula, cancer, skin-disease, headache, cough, asthma, rheumatism, or pain anywhere? loss of voice, hoarseness, catarrh, dropsy, expectorate much, raise blood, fever or night sweats, chills, confined to bed or house, palpitation, nervous fits, palsy, bad dreams, sour or sick stomach, dyspepsia, flatulence, distress at stomach, colic, all-gone feeling anywhere, costiveness, diarrhoea, appetite good or bad, piles, fistula, gravel, heat of urine or scanty sediment? If a lady—married? had any female complaints? irregularity? weak back? pain anywhere? any bloating? bilious, worms, indigent or easy circumstances? any bad fits of sickness? taken much medicine?

The patient is particularly requested to state what are his circumstances, as there is no disease on which the pecuniary condition of the invalid has so great an influence as heart-disease and dyspepsia. To judge correctly, therefore, in relation to the probability of cure, and to be able to adopt remedies and treatment in the best possible manner, it is essential that I should know what this condition is.

Those afflicted with disease of the lungs or throat, I would recommend to procure and read my "Six Lectures on the Causes, Prevention, and Cure of Consumption, and the Laws of Life." I will send a copy by mail, post-paid, to any one requesting it, and the price, 50 cents, may then be remitted to me after the book is received. It is a volume of 375 pages, bound, and explains the leading features of my treatment for lung and throat diseases.

In writing me, always give your address in full—name, Post-office, County, and State.

All letters asking counsel or advice receive prompt attention, and a candid opinion is always given, when requested, as to the nature of the disease and the probability of a cure.

Address

S. S. FITCH, M. D.,
714 Broadway, New York.

DR. FITCH'S NEW WORK.

CONSUMPTION CURED BY FOLLOWING THE DIRECTIONS CONTAINED IN THE "LECTURES."

[*Letter from C. S. Rich, Esq., Pa.*]

SHEPHERDSTOWN, Jan. 4th, 1859.

DR. S. S. FITCH:

Dear Sir—On the 3d of June last I was taken with bleeding of the lungs; had seven hemorrhages in ten days. After these followed night-sweats and diarrhoea, which continued five weeks. About this time I discovered an abscess forming in the upper part of my right lung. On the breaking of the abscess I commenced expectorating, which continued about four months, the matter expectorated being highly colored, and often tinged with blood. At this time I was reduced to ninety-five pounds: had three physicians in attendance, who agreed that I was in the last stage of the consumption.

It was at this time your lectures on the lungs fell into my hands. I studied them thoroughly, and followed the directions therein laid down, and, to my astonishment, I began to improve rapidly; and now, at the expiration of three months, I find myself almost well. The benefit I have derived from your works makes me desire to extend the same to others; I therefore urgently recommend this book to all persons I meet who are afflicted with any form of lung or throat affection.

Yours,

C. S. RICH.

SHEPHERDSTOWN, CUMBERLAND CO., PA.

DR. SAMUEL S. FITCH'S NEW WORK.

HEALTH, ITS AIDS AND HINDRANCES.

This large work of Dr. S. S. Fitch, which was announced some time ago as being in preparation, is now published. It is a large octavo volume of 560 pages, and embodies the results of the author's experience and extensive practice, written in a popular, attractive style, and amply illustrated by well-authenticated facts. It contains a great fund of information, adapted to the general reader, which will be found exceedingly valuable to all who desire either to preserve or regain health.

Price \$2.00. On receipt of this sum it will be sent by mail to any part of the United States, and postage paid, or to the British Provinces, and postage paid to the line.

Address, giving name, Post-office, County, and State, S. S. FITCH & Co.,
714 Broadway, New York.

DR. FITCH'S LECTURES.

[From the well-known Authoress, Mrs. Emma D. E. N. Southworth.]

[In Mrs. Southworth's beautiful story of "EVELINE MURRAY; OR, THE FINE FIGURE" (which will be found in the volume of her works entitled "THE WIFE'S VICTORY," &c., page 193), the authoress gives her opinion of these *Lectures*, in a conversation which she makes to take place between Eveline, a consumptive girl, and her betrothed, Clem Dorsey, as follows:

"One day Clem Dorsey came to her with a book in his hand, looking cheerful. She raised her eyes inquiringly—

"What is the matter, Clem?"

"I have found what I think will restore you to health, if you will follow the directions."

"Oh! some quack medicine!" said Eveline, with a faint, incredulous smile.

"Nothing of the kind, dear Evy, but an *honest, good* book, written, I think, by one who had the interest of his fellow-creatures at heart. It is "Dr. Fitch's Lectures on the Heart and Lungs." Here are cases described in which persons have been ill for years as you are—reduced to the point of death—some with one-half their lungs gone, who have been restored to health by reforming their habits, and following the directions contained in this book. Here are authentic letters to prove it."

"Oh! that is like *all* quacks; they all work miracles—raise the dead, you know."

"Yes; but, my dearest Evy, *this* is to recommend no *pills*, potion, or lotion—only a *manner of life*, that will do the author of the book no kind of good if you follow it, and no harm if you don't, that I know of. The means are all in your own power—in your own room, one might say."

"Then Clem turned to some of the Lectures, and read them, with all their directions. These threw a flood of light into Eveline's mind, and revealed to her the whole cause and history of her complaint, as she had never understood it before, and hope sprang up in her heart. Clem Dorsey then, with his beautiful simple candor, said, 'Now, Evy, there are other chapters you must read alone;' and he left the book with her. From that day, Eveline made up her mind, with God's help, to get well. * * * * She cultivated free breathing—every day drawing as much pure air into her lungs, and inflating every part of them, as much as possible; * * * * and just in proportion as her chest and waist *expanded*, her health *returned*—slowly, because a disease *long coming on* is apt to be *long going off*. Eveline had been a year getting ill, and it took her a year to get entirely well. And, oh! it was delightful to observe the continued joy of her mother, and of Clem Dorsey, in watching her recovery. * * * Eveline is now in high health."

"Now, if there be one girl in ill health who reads this, I would entreat her to restore her strength by a reform in dress, diet, and habits. * * * * The lungs require pure, cool air, as the stomach requires pure, cool water; and if you wish for full and particular directions for restoring and preserving health and beauty, get and study *Dr. Fitch's Lectures on the Heart and Lungs*."

[From the Brooklyn Daily Eagle.]

DR. S. S. FITCH'S LATE WORK.—Our readers will require from us no apology for making the following extracts, on the subject of the most ravaging and fatal disease that afflicts this country—consumption. They are from a work (which we hope and trust will have the widest circulation among all classes, for it is calculated to do good) just published by Fitch & Co., 714 Broadway, N. Y., comprising the Lectures of Dr. Samuel S. Fitch, a gentleman who seems to have made the lungs, and the numerous ills they are heir to, his peculiar study.

DR. FITCH'S LECTURES.

[*From the Philadelphia Saturday Evening Post.*]

His high position, combined with his large practical experience, would certainly recommend this work to the attentive perusal of our readers.

[*From the Philadelphia Evening Transcript.*]

Those who desire to attain the best knowledge of his treatment, and at the same time the means which he uses, we would recommend to purchase the work of Dr. S. S. Fitch, which is pleasing in its style, instructive in its teachings, and will no doubt create a great revolution in the treatment hereafter of all chronic diseases.

[*From the Philadelphia Argus.*]

The large edition of his works having been exhausted, we perceive that he will issue a new one from the press. That they will receive a large circulation and excite earnest attention, no one can doubt who has read his former instructive, popular, and extremely interesting works.

[*From the Baltimore American.*]

Dr. S. S. Fitch's new work will attract attention; his experience in practice would recommend it to all, and it is designed for all classes of readers. It is written by Samuel Sheldon Fitch, A. M., M. D. The remarks on consumption and heart diseases are the most rational, sensible, and confidence-inspiring, we ever read.

[*From the Genesee Evangelist.*]

This is a book in place and time. An emergency seems to require its general circulation. The knowledge which it imparts is so useful and so well adapted to the great evil which it would mitigate and relieve, that no man, and especially those of enfeebled constitutions, should be without it. Buy the book, and read it.

[*From the Editor of the New York Ladies' Wreath.*]

The two lectures for ladies only, deserve to be not only read, but studied by every one who wishes to possess health and its attendants, cheerfulness and beauty. Nature is the best restorer in the world; and, as a high priest at her shrine, the author of this book endeavors to make his readers believe her power, and understand her resources. We hope every one of our readers will procure this book.

[*From the Ladies' Repository (Richmond, Va.)—edited by Lillie Lindon.*]

During our stay in New York, we had the pleasure of meeting with the world-renowned Dr. S. S. Fitch. We say world-renowned, for we take it for granted that people who are well known all over the city of New York, and the adjacent places, they must be known everywhere. His treatise on "consumption" has been read by almost every one, and all feel under many obligations to him for explaining and prescribing for that disease, which is thought by so many people to be incurable. The doctor is at present engaged on another work, which he will shortly bring out.

[*From the New York Gazette of the Union.*]

S. S. Fitch & Co., 714 Broadway, has published an admirable work, which treats upon consumption, asthma, diseases of the heart, and various other coadjutant subjects, in a useful, able, and admirable style.

[*From the Public Ledger, Philadelphia.*]

His book is readable, practical in its details, and thoroughly conservative in its views.

DR. SAMUEL S. FITCH'S
SIX LECTURES

ON THE CAUSES, PREVENTION, AND CURE OF CONSUMPTION, AND THE LAWS OF LIFE.

This is a volume of 375 pages, bound in muslin, with 25 illustrations, and a steel portrait of the author, wherein is explained the principal features of the author's treatment by which he cures Consumption, Bronchitis, Asthma, Female Complaints, Liver Complaints, and chronic diseases generally, with rules for preventing disease and preserving health.

Over two hundred thousand copies of this work have been sold, and the doctrines which it teaches are fast working a complete revolution in the established practice for lung diseases, and in the prevailing belief that consumption is incurable. It has been the means of saving many lives, and there are thousands in our country who gratefully acknowledge that they owe their escape from consumption, and the enjoyment of many years of good health, to its teachings.

Desiring to spread, as widely as possible, the exceedingly important information it contains, we will send a copy to any address, by mail, post-paid, on receiving a request to do so; the price, fifty cents, may be remitted to us, after the book has been received. In writing, give address in full—name, Post-office, County, and State.

Address S. S. Fitch & Co.,
714 Broadway, New York.

The Testimony of Others.

We append a few notices of the above work which have been given:

[From the N. Y. Daily Tribune.]

Real progress in medical science has usually been made,—must usually be made,—by men of good talents and liberal attainments devoting themselves thoroughly to the contemplation of a single class of disease, or the diseases of some single class of organs. Such, we gather from the book before us, has been the course of its author. Early induced to doubt the truth of the current belief that consumption, once thoroughly seated, is incurable, he has been induced to devote twenty years to an earnest investigation and study of the nature and uses of the lungs, the causes and character of their diseases, and the means of preventing and of curing those diseases. In the course of this investigation he has travelled far and wide on this continent and in Europe, consulted the highest

medical authorities, and sought to profit by the experience of the humblest sufferer from diseased lungs, visiting the most celebrated hospitals and colleges, and inquiring into many thousand cases of incipient or seated consumption. The general conclusion at which he has arrived may be summarily set forth as follows: 1. Consumption is manageable—curable, except (as with other diseases) in its last stages. 2. No person need die, of consumption, or suffer from it, because his father, mother, and whole family have had it, and died of it. 3. Eight out of ten cases of seated consumption may be cured by proper treatment. 4. The popular modes of treating it by calomel, bleeding, blistering, confining the patient in a close warm room, sending him on a long, weary, comfortless sea-voyage, &c., are as mistaken and fatal as possible. On the point of preventing consumption in those hereditarily or otherwise inclined to it, or of curing it in its incipient stages, Dr. Fitch is very lucid and thorough—nay more, we need no assurance that he is entirely right, for nature and common sense attest it. To all that is suggested as to the means of preventing consumption, we give our most hearty approval. It needs no seven years' study of medicine to enable any one to determine that so much is right, any more than seven years' study of law is requisite to teach an honest man to discern right from wrong.

We must stop here, for we can rarely speak at even this length of a work treating of diseases and remedies. The great importance of the subject, the general presumption that consumption is incurable, and our confidence derived from personal knowledge and personal benefit in Dr. Fitch's suggestions, have impelled us to make an exception in this case. We trust, though we have confined our remarks to a small portion of the contents of the book before us, we have said enough to induce those afflicted or threatened with consumption, to procure and read Dr. Fitch's book, especially since it costs but 50 cents, and is a book of 380 pages, handsomely bound in muslin, illustrated with 30 engravings.

[*From the Christian Citizen, (Worcester, Mass.)*]

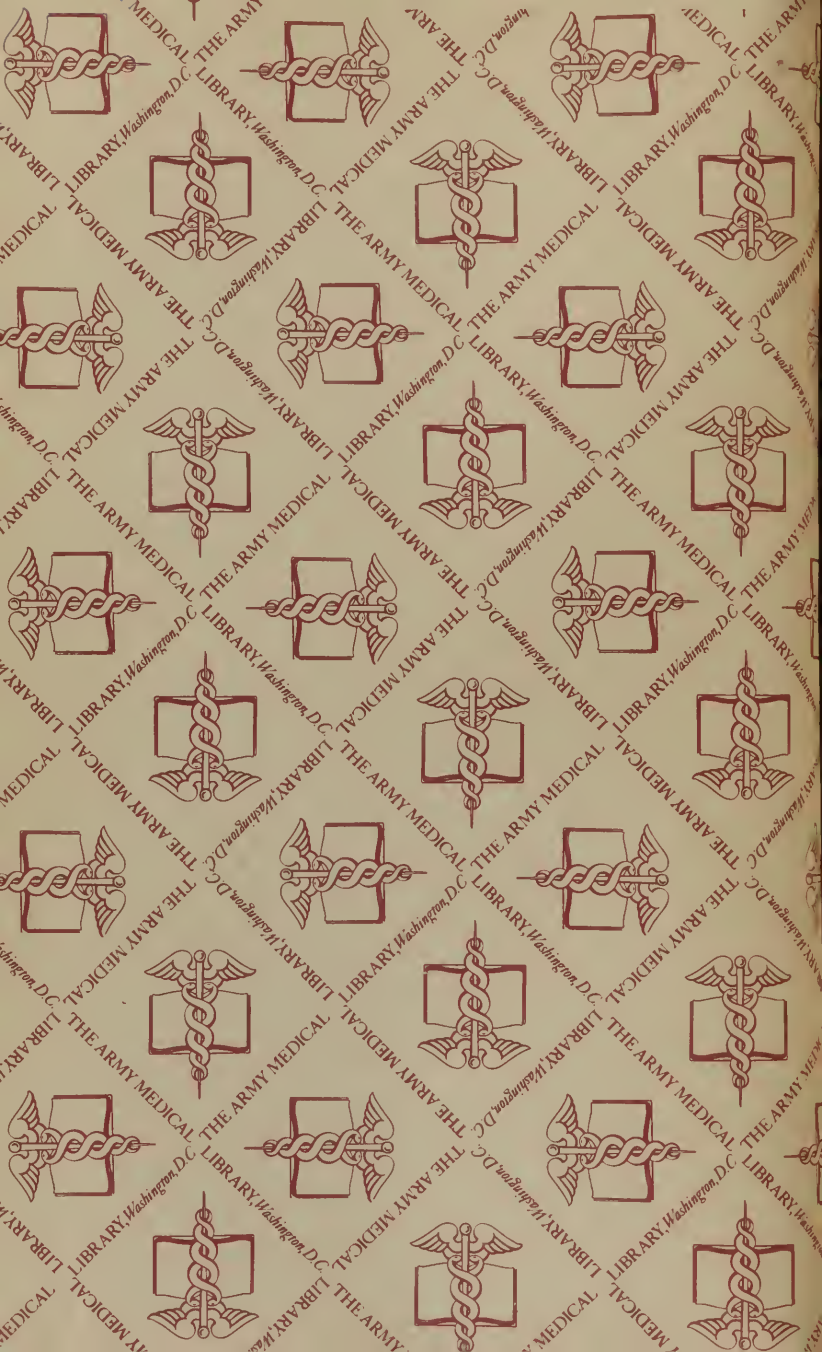
The book is written in the clearest style possible; it embodies a fund of useful information upon subjects with which it is of the highest importance that all classes of the people should be acquainted. It is evidently written by one who is acquainted with the subjects upon which he writes, and it cannot fail to have a lasting and beneficial effect upon all who peruse its interesting details. Dr. Fitch has done good service to the cause of true medical science, as well as to universal humanity, by the preparation of the work; and we earnestly hope that it may have a sale commensurate with its deserts, and the good it is capable of producing. It may be sent by mail to any part of the country.

[*From the Boston Religious Trumpet.*]

This is truly a valuable book. It treats very lucidly on the great subject of health, and shows the insidious manner in which the most appalling diseases creep upon us, which, with a little care, might be avoided. How great a good would it accomplish, if its doctrines were written on the heart of every young person!

[*From the New Haven (Conn.) Fountain.*]

The title of this book sufficiently explains its object, though its value can only be appreciated by those who have either read it or made themselves familiar with the important truths it contains. These lectures were delivered by Dr. S. S. Fitch in this city a number of years since, and we had the pleasure of listening to a part of the course. We also had the happiness of introducing the Doctor to a friend of ours, who was supposed to be near his grave, in consequence of copious hemorrhage of the lungs, and other indications of consumption, and to see that friend restored to health by the blessing of Heaven on the remedies used. Dr. Fitch has now published his lectures in a form to render them accessible to every class of readers, and we advise every head of a family to procure a copy.





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